

SPOKE

Conestoga College, Kitchener

October 9, 2001

What's Inside



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Saitech steals show at fair

By Mike Metzger

Saitech International Inc. is a company that is used to getting other people noticed, but at the 2001 career fair, it was they who were attracting all the attention.

The Toronto-based advertising company has been manufacturing innovative signs and displays for Fortune 1000 firms in Canada and the United States for 10 years. Saitech currently does ads for major companies such as Labatts, Coca Cola, Michelin and Coors.

Their display at the career fair featured full-motion pictures representing a myriad of successful companies.

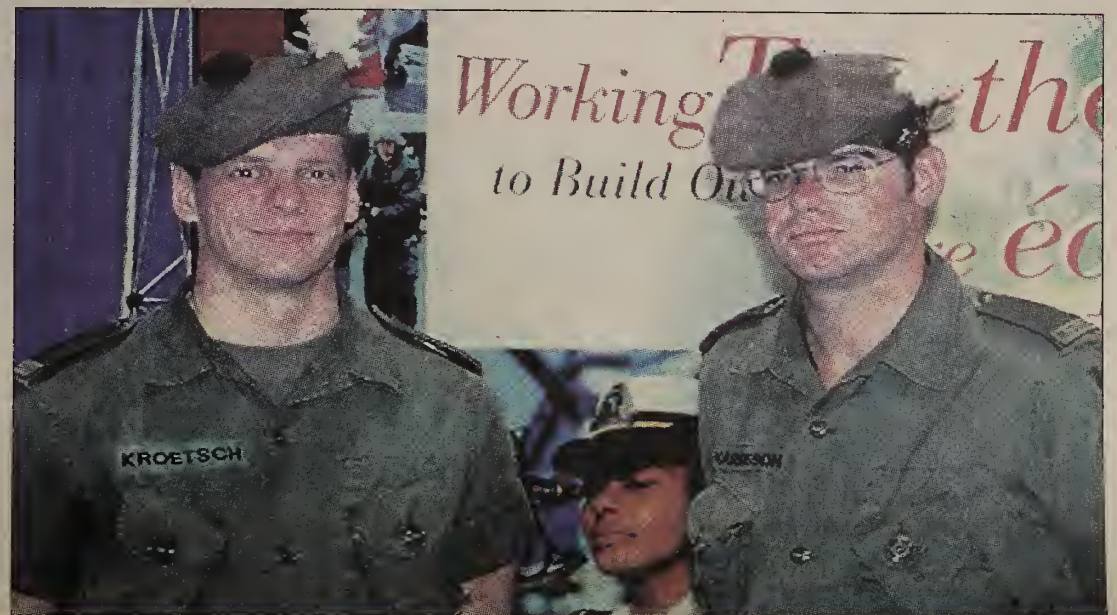
Saitech came to this year's fair looking for creative, bright young minds that are not limited by a "corporate overcoat," said President Jamie Cuthbert.

"We want new, fresh ideas that help distinguish us as unique," he said.

Educational requirements for employment with Saitech are quite open. They don't differentiate between a college or university education, and according to Cuthbert, the most important element in graduates is their personal attitude.

"We're looking for new employees with fire in their bellies," Cuthbert said. "They need to have above average drive."

Saitech is hiring people with experience in sales and marketing who have interpersonal skills, industrial design technicians, and



Recruiters Major Cpl. Andrew Kroetsch (left) and Sgt. Lance Harrison of the Army reserve were recruiting students from Conestoga College, University of Waterloo, Wilfrid Laurier University and University of Guelph at the career fair on Sept. 26.

(Photo by Marcy Cabral)

graphic artists who can think out of the box.

With only six employees, Saitech has grown into a multimillion-dollar business. They are now looking to expand to no more than 12 employees, Cuthbert said. Having few employees offers a unique experience.

"You get an opportunity to do a lot of different work," said industrial design technician Cliff Davidson.

Dennis Wiggan, a third-year marketing student at Conestoga

College, was enthusiastic about learning as much as he could about Saitech.

"Their size gives a great opportunity to grow very quickly," Wiggan said. "I'm not much of an artsy guy, but I really appreciate seeing interesting artwork."

The career fair ran from 10 a.m. to 3:30 p.m. on Sept. 26 at the Kitchener Memorial Auditorium complex. The event was co-sponsored by Conestoga College, University of Waterloo, Wilfrid

Laurier University, and University of Guelph. The event was free to students and alumni of the sponsoring schools.

Student employment officer Mary Wright was impressed with the fair. "It went really, really well," she said. "Employers were impressed with how students presented themselves and that they had done their homework."

There were 191 companies represented at this year's fair. The complete list can be seen on the Web site, www.partners4employment.ca.

Hep C campaign hits Doon campus

By Stacey McCarthy

Conestoga students can help in the ongoing fight against Hepatitis C by picking up free information pamphlets next week.

Starting Oct. 15, the Canadian Liver Foundation and Conestoga's health and safety office will take part in a weeklong campaign at Doon campus. Critical information will be made available to students about this disease, which affects tens of thousands of Canadians.

A special two-day focus period will be held on Oct. 15 and 16. Hepatitis C awareness and prevention information tables will be set up throughout the school to answer students' questions.

According to the Canadian Liver Foundation little has been done so far to make university and college students aware of Hepatitis C and

its prevention.

Their campaigns on local campuses is an attempt to address this information gap, and to answer questions students might have regarding Hep C.

Hepatitis C is a liver disease that is spread by direct contact with the blood or body fluids of

Despite the growing awareness of the disease ... Hep C accounts for 1,000 deaths in Canada each year.

an infected person.

People who are at the greatest risk for contracting Hep C are those who use injection drugs or receive non-sterilized tattooing and piercing.

Hep C is not airborne or contract-

ed from toilet seats. Any instrument contaminated with blood can potentially transmit Hep C when shared, including nail clippers, razors and toothbrushes.

Transmission of Hep C by sexual means is considered low risk, but it is recommended that individuals limit their exposure by using protection.

According to the Canadian Liver Foundation, chronic Hep C can lead to scarring of the liver in about 20 per cent of cases.

In severe cases it can lead to liver cancer or death.

Liver damage resulting from Hep C is currently the leading cause of liver transplants in North America.

Unfortunately most people who have Hep C don't even know it. Someone could carry it for a decade and experience no symptoms at all.

Others may feel tired, experience a

loss of appetite, or develop jaundice — a yellowing of the eyes and skin.

Currently the only way to detect Hep C is through a blood test. Once a person has been diagnosed with Hep C a doctor will do a follow-up to check the state of their liver.

Some of those infected get the disease only mildly and then get rid of the virus completely.

Most however, carry it for a much longer time — perhaps their whole lives.

There is no cure for Hep C or a vaccine against it. Despite the growing awareness of the disease and ways to protect oneself against contraction, Hep C accounts for 1,000 deaths in Canada each year.

Pamphlets and materials will be available to students starting Oct. 15 at either the information booths or the health and safety office.

As well, the Canadian Liver Foundation provides additional information about Hep C.

Two new robots donated to Guelph campus

By Shannon McBride

A donation from CAMI Automotive Inc. to the college that has been in the works for more than a year was finally made official Sept. 27.

CAMI Automotive Inc. gave Conestoga's welding programs two welding robots at a donation ceremony held at the Guelph campus.

Karsten Madsen, program coordinator of welding engineering technology in Guelph, said the equipment will help teach students up-to-date programming skills. The robots, which replace the human welder, need to be properly programmed. Madsen wants his students to have these important skills.

In attendance were College President John Tibbits, several student and faculty representatives from the welding programs and the college, CAMI President Simon Boag and several other CAMI representatives. Also at the ceremony were local political dignitaries and members of the local media.

Tibbits said it is vital that the college establishes partnerships with the industry in order to meet the college mandate, prove its excellence and grow as an engine of economic development for our region.

The estimated \$80,000 worth of

equipment was first considered as donation material in June 2000.

John Simard, a welder for CAMI Automotive Inc., a Conestoga College graduate and a quadriplegic, was called in to the college to talk to a paraplegic student who wanted to join the welding engineering technology program.

"I told him the robotics equipment would make welding more feasible for him," Simard said, adding that he welds at CAMI Automotive Inc. and he has lost most of the use of his arms and legs.

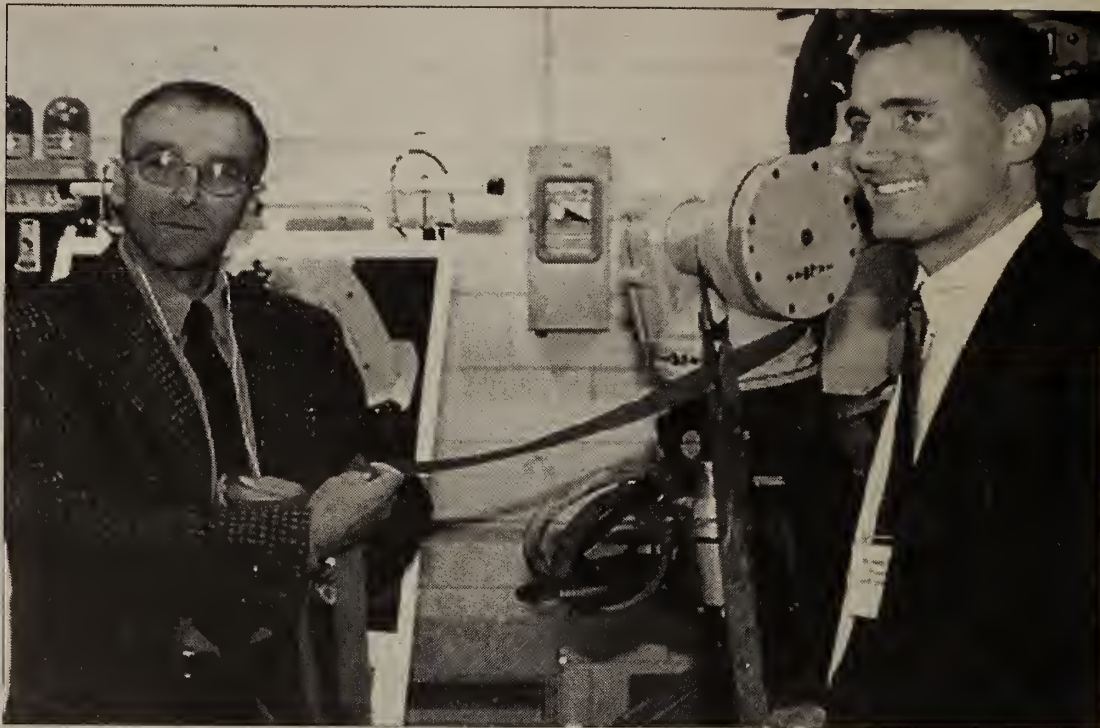
Getting the equipment to the school wasn't easy, Simard said. He had to talk to several levels of management at CAMI Automotive Inc., but it paid off.

However, there was one small glitch prior to the event.

Conestoga instructors and students hoped to include a demonstration in the ceremony but final electrical and transformer work wasn't done and some configuration and lab work was incomplete, Madsen said.

"The students should be able to start working with the robots by late October."

Third-year welding engineering technology students felt positive about the donations. Most of the students agreed it would be neces-



College President John Tibbits (left) and CAMI Automotive Inc. president Simon Boag untie a ribbon on the two robots donated to Conestoga's welding engineering technology program at the Guelph campus on Sept. 27.

(Photo by Shannon McBride)

sary to learn the programming skills to get a job.

"The majority of business is leaning towards automation of some sort," said third-year welding stu-

dent Jason Hutchinson.

Classmate Ian Haney said the donations from different companies helps him to figure out what he likes. "If the class is trained on one

type of machinery, we'll lean towards buying that type," he said.

Third-year welder John Brown said he wished the equipment had been implemented last year.



Large piles of dirt fill the field on Conestoga College Boulevard. The dirt was removed from the site of the new building that is being constructed at Doon campus.

(Photo by Tannis Wade)

Unearthly mounds will be around awhile

By Tannis Wade

Have you ever wondered what those mysterious piles that line a portion of Conestoga College Boulevard are? Well, they are definitely not a freaky phenomenon like crop circles. The explanation is really quite simple according to David Putt, director of physical resources for the college. The piles are from the construction that is currently taking place at the college.

"It is called structural fill," Putt said. "It is excess material from the construction site."

The area where the new building

is being put up, between the health sciences wing and the recreation centre, used to be a low-lying pond area. When the land was first made into a courtyard it had to be layered with structural fill in order for it to be usable. Now that there is a building being put there the structural fill had to be removed. With no space to put the waste it is being deposited into the field across from the main entrance to the college.

"They will disappear from there in about a year," Putt said, adding that the piles will have to be taken out by trucks.

Employee taken to hospital



Paramedics place a cafeteria worker in the ambulance after she fell ill Oct. 2 outside the cafeteria. Al Hunter, supervisor of security services, refused to give the employee's name but said she was taken to Grand River Hospital. Her condition was unknown as of press time.

(Photo by Marc Hulet)

Nurses can graduate from a higher class

By Denis Langlois

Graduates of Conestoga's practical nursing program will be receiving diplomas instead of certificates in 2004, after the program increases to two years next September.

The program, which is now only 48 weeks in length, prepares graduates to work with clients who have conditions with more predictable outcomes.

According to Nancy Hacking, chair of certificate programs for health sciences and community services, the longer program is needed to give students more hands-on experience.

"We will be looking at increasing pre-graduate experience," she said, "and there will be more field placement in the program as well."

Hacking said there is not going to be a big change in the technical portion of the program, like giving a needle, but rather more focus on areas like leadership, pharmacology, physical sciences and pediatrics.

A gap analysis has been created to recognize the areas the current program is deficient in. The areas the new program will focus on are more theoretical based, rather than technical.

The program will also have an increased emphasis on assessment

and conflict resolution skills, she said.

Hacking said there is not enough time to teach the current curriculum as it stands because there is too much content.

"The time frame we have been working in since 1994, when we moved from a one-year to a 48-week program, did not allow us to even give justice to the content that was needed at that time," she said.

The program must be implemented early enough to allow the graduate time to prepare for the new national nursing exam in 2005.

Hacking said the funding for the new program will be proportional

to the increased length.

"For those students who do not wish to participate in a four-year program, this is another alternative for them."

*Nancy Hacking,
chair of certificate
programs for health sciences
and community services*

"There's no more money from the ministry," she said. "It is just divided up differently."

Hacking is optimistic there will

be an increase in students applying for the program.

"I think there will be an increase because it is going to a diploma, which is more recognizable," she said.

Another reason Hacking thinks there will be more applications is because the nursing program is changing to a degree program.

"For those students who do not wish to participate in a four-year program, this is another alternative for them."

Hacking said some students might not wish to participate in a degree program for financial reasons or because of higher admission standards.

Express bus runs later

By Tori Sutton

Grand River Transit has switched the time of the morning express shuttle to Conestoga College in order to alleviate the load on other bus routes.

The morning shuttle, which used to leave the Charles Street terminal at 7:30 a.m., now departs at 7:45 a.m. and arrives at the college about 8:12 a.m.

Grand River Transit (GRT) found that most students were using other bus routes in the morning, specifically Route 10 from Fairview Park Mall to Conestoga College said Herold Neidenbach, senior transit scheduler for GRT.

Most students were catching other buses to the mall, then taking Route 10 to the college resulting in overfilled buses.

"We did a study and found not enough people were using the express bus," said Neidenbach. "To get some of the people off other buses, we moved the time of the express bus."

The Route 10 bus makes its way to the college through the

Pioneer Park area, where many college students reside.

As well, GRT found that having the bus depart Fairview Park Mall at 8 a.m. shortens the travel time for express riders.

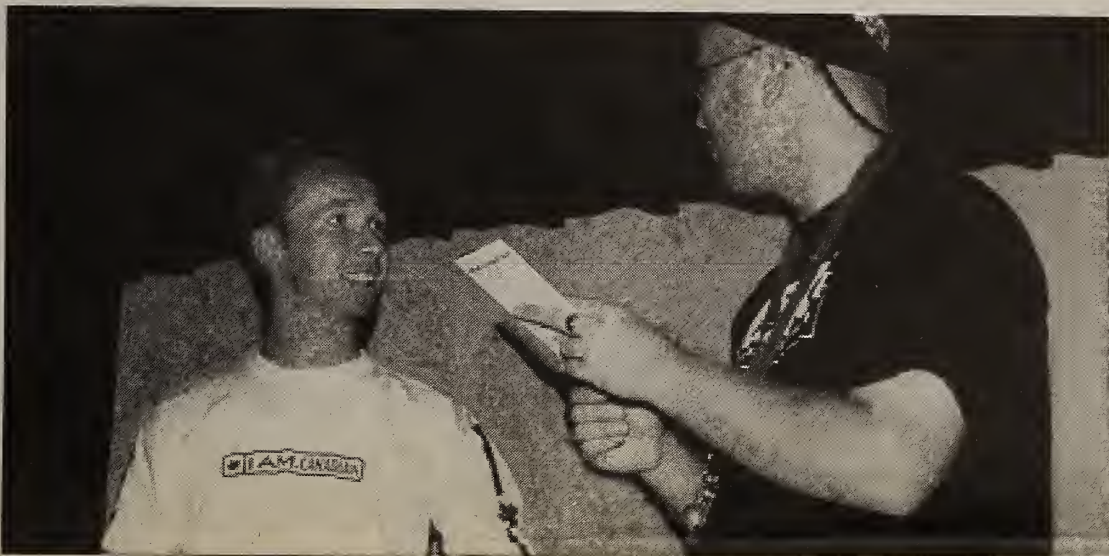
In response to the college's push for extra shuttle buses, Neidenbach said Grand River Transit is still evaluating the need for additional service.

"We haven't ruled it out yet."

The college's physical resources department contacted GRT in August to ask if they would consider adding extra service. Jody Andruszkiewicz, vice-president of academics for Conestoga Students Inc., has also met with the school to discuss the need for extra morning service.

Grand River Transit will continue to monitor the loads on buses going to the college throughout October before they make their decision.

If GRT does decide to add extra services, students can expect the new buses to start running late October or November said Neidenbach.



First-year mechanical engineering student Victor Savtchouk answers questions at alcohol trivia day in the Sanctuary. The event was hosted by CSI vice-president of academics Jody Andruszkiewicz.

(Photo by Tannis Wade)

Awareness week unorganized

By Tannis Wade

A few meager posters and Blue Light beer flags strung up in the Sanctuary from Sept. 24 to 27 was all that signified alcohol awareness week. Despite the lack of advertising there were events planned during the four days.

Conestoga Students Inc. (CSI) held a movie day, trivia hour and a pub crawl. The movies played were Strange Brew, a movie about two zany guys who like to drink a lot of beer. The whole flick revolved around drinking beer and trying to save a brewery from being taken over. The other movie was National Lampoon's Animal House. This movie is a comedic parody of what college life is supposed to be like. Again, there is a lot of drinking and alcohol use in this film.

"I guess these movies tell you what not to do by showing every bad example there is," said Nick

Faulkner, a first-year computer programming student. "They should have shown more educational videos that give the truth about alcohol and the problems that come with alcohol abuse."

On Wednesday there was a pub crawl with a bus leaving the student residence and taking students to a variety of bars in the region.

Some students felt that the activities offered had nothing to do with alcohol awareness at all. "Handouts would create better awareness, but I am not sure how receptive students would be towards that," said Stewart Dunn, a business administration student. "It would be difficult to put on an event like this because you can never tell what students are going to go for," he said.

Thursday was alcohol trivia day in the Sanctuary. Posters advertised a starting time of 11:30 a.m. for this event. However, it was delayed until 12:45 p.m. because CSI repre-

sentatives did not have the event organized. It was evident that responsibilities were being shuffled among the executive staff and there was confusion about who was in charge of putting on the event.

"We don't know what's going on," said Jody Andruszkiewicz, vice-president of academics for the CSI. "Wait until Jon (Olinski, CSI president) gets here to see what is happening."

Andruszkiewicz ended up hosting the event himself with a few audience volunteers who came up on stage and answered questions about alcohol and impaired driving. Olinski handed out prizes to the volunteers after they had answered their question.

Students who participated in the trivia enjoyed the game and winning prizes. "I love this," said Victor Savtchouk, a first-year mechanical engineering student, adding appropriately, "Don't drink and drive."

Faculty's future



Valerie Pinder, a faculty member in the health sciences program, votes in the Sept. 26 college ratification vote for the new OPSEU contract for faculty at Ontario colleges.

(Photo by Reni Nicholson)

Healthy eating...
regular physical
activity



FREE U2 Tickets

For a good time call Molly!
Come to Molly Bloom's
10 Manitou Kitchener, 894-4445
(corner of Fairway and Manitou)
Saturday Oct. 13 to win!!

Going only halfway in the tobacco war

If one person really cares about another and is willing to dedicate the time and energy towards fighting for them, fighting to the bitter end should not be a difficult feat.

Health Minister Allan Rock is determined to force the tobacco industry to remove the "light" and "mild" designations from cigarette packs.

On May 30, Rock gave the tobacco industry 100 days to remove the designation, which he said gives smokers a false sense of security. The deadline was early in September.

In the late 1960s the federal government urged the tobacco industry to produce "light" cigarettes.

Now, the government doesn't want these cigarettes called "light."

What they really want is to make cigarettes illegal, but so far, they haven't shown the backbone needed to act.

Scientific studies show that low-tar cigarettes, while not harmless, are less harmful than the full-strength variety, said Yves-Thomas Dorval, a spokesman for Imperial Tobacco, in an interview on Sept. 24 with The Record.

Rock is deceiving smokers by trying to ban the labelling of cigarettes and not taking strict action and getting to the heart of the problem.

But, Rock told the National Post in August, "There is nothing light or mild about the lies of Big Tobacco."

Who's deceiving whom?

The tobacco industry in Canada was recently forced, by a new law implemented by Health Minister Rock, to have pictures of possible health implications derived from smoking on each cigarette pack.

Since then, the industry is no longer lawfully allowed to sponsor events or advertise publicly.

Rock is deceiving smokers by trying to ban the labelling of cigarettes and not taking strict action and getting to the heart of the problem.

Sure, the tobacco companies put on pictures of babies on respirators, rotted teeth and bleeding lungs and brains, and that's what the government asked them to do.

Now no one can say they didn't know the repercussions of smoking because it's right there in their face.

But, if Rock doesn't want cigarette packs to inform the smoker of which brand or type is lighter in toxins, how is that any healthier for the smoker?

To take away labelling of light cigarettes would leave new smokers in the dark about which cigarette would be the better choice — and there is no arguing there will be new smokers.

We all know, including smokers, about the harmful toxins in cigarettes. For those smokers hoping, trying or even thinking about weaning themselves off cigarettes, they now have the option to look at the packs behind the cashier at the gas station and decide which pack would be best for them.

Anti-smoking advocates claim smokers compensate for "light" cigarettes by inhaling more, taking more puffs, or even covering up the ventilation holes.

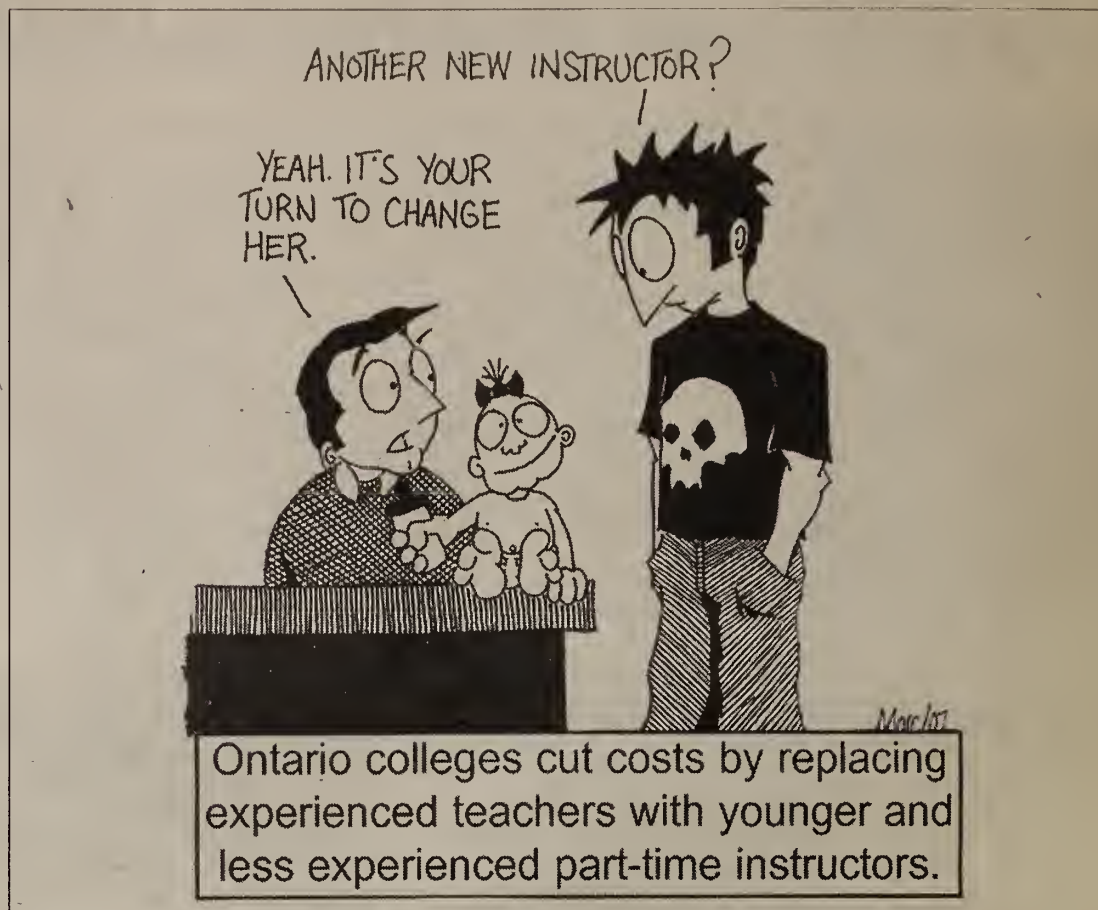
So, if we all know about how bad smoking is for us and the addiction is so hard to break, why doesn't the government get right to the point and break the habit for smokers?

It's the fear of losing the federal and provincial accumulation of \$6 billion annually in tobacco taxes that keeps the law from being implemented.

Hauling in about \$500 million a year, the three Canadian tobacco manufacturers are the underdogs in the game.

Because of this revenue the federal government will not ban smoking.

Trading health for profit is not the government's goal.



Procrastination, we all do it

Sure, we've all talked about doing it. We've all wanted to get an earlier start on that project we've just been assigned. But, do any of us actually do it?

A few of us do, but the majority of students tend to procrastinate.

Procrastination is probably one of, if not the biggest hindrance, in preventing students from performing up to their abilities in school.

Most students in high school and college leave their assignments until the last minute, with many of them saying it's because of part-time jobs.

Despite the fact that many students do work between 10 and 25 hours a week, chances are that those students still have some spare time and days where classes are not scheduled all day to complete school assignments. They would just rather do other things.

Many people consider procrastination to be the putting off of a task or assignment until right before it is due in favour of doing other things.

Procrastination is defined as the avoidance of a task or assignment that needs to be completed.

In the cases of students who procrastinate, the cause is probably poor time management skills.

A lot of people put off work because they don't really want to do



Lisa Hiller

it and they would rather be doing other things, like going out with friends, watching TV, eating or walking the dog.

People often hesitate and waste time when

they should be completing an assignment because the assignment is something they have no interest in doing.

In many professional fields, especially journalism, deadlines are extremely important.

At daily papers, reporters have only a few, short hours to complete a handful of stories for the next day's edition. However, on weekly papers procrastination can come into play.

Being a reporter for Spoke, the weekly paper put out by journalism students, it is easy to see that students are excited about ideas and are eager to get conferences, meetings and interviews out of the way. They assume that the bulk of their work is done there. It's not, because reporters who do have some time, usually edit and rewrite their stories several times before they hit the press.

Procrastination may have become common because almost every stu-

dent can get away with doing assignments at the last minute and still pass because assignments are not checked and graded as specifically as they are in college and university.

In post-secondary schools, especially in programs with demanding deadlines and time constraints, procrastination is the difference between a pass and a fail in a course.

Students who procrastinate are capable of completing the task or work, but they fail to allow enough time to do the work properly and up to their potential.

If you procrastinate, you leave less time for double-checking answers, and editing or rewriting essays or other written assignments.

According to a pamphlet available at the college entitled *Overcoming Procrastination*, if you procrastinate, you are not "bad" or worthless. You probably just have trouble settling down and doing a job.

To try to procrastinate less:

Make a list of the reasons why you do it. Write down why you think you might procrastinate.

Make honest presumptions about your work, and distinguish between activities that will hinder your ability to concentrate and those that will help you accomplish a task.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

Editor: Reni Nicholson; Online Editor: Jody Andruszkiewicz

Production and Advertising Manager: Paul Kostal

Photo Editor and Circulation Manager: Sanja Glibota

Faculty Supervisor and Adviser: Christina Jonas

SPOKE's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691 Web site: www.conestogac.on.ca/spoke Fax: 748-3534 E-mail: spoke@conestogac.on.ca

SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libelous statements and may be accompanied by an illustration (such as a photograph).

Cool confidence



First-year mechanical engineering student, Victor Savtchouk, lines up his shot in the Sanctuary Sept. 28.

(Photo by Jody Andruszkiewicz)

We are humans, not computer images

I offered to write a column about males who are under weight and are thus treated poorly by society. And I had difficulty writing it.

If you knew me at all you would be amazed to find out I would have trouble stating my opinion. However, the subject matter is very touchy for me.

I would know as I am 40 pounds under weight for my height.

I don't have anorexia, bulimia or an over-active thyroid gland, I'm just skinny.

There is no medical explanation for my "less than average" appearance.

I've questioned my doctor on my situation several times. It has gotten to the point where he told me not to come back to see him unless I had a real problem.

I'm the type of person who wouldn't normally care what other people thought of me. But I don't look like most other guys my age, and when I'm reminded of this every day it really starts to eat away at my self-esteem.

Friends and family don't help much either. They suggest things like "Why don't you go to the gym?" or "Have you ever tried drinking protein shakes? I heard they help people like you."

Yes I have gone to the gym, for several years actually. My trainer is baffled that I didn't gain more than two pounds on her super-intense program.

And as for protein shakes, well, they remind me of drinking pudding, bad pudding, with chunks. I'm not about to force myself to ingest something that reminds me of mud.

I have accepted the fact that my mass is not going to fluctuate until my metabolism jumps out of warp speed. I only wish others would come to the same realization.

If you are unfamiliar with some of the layout of the school, I'll quickly brief you.

The law and security administration students have a number of classes across from the journalism training labs on the fourth floor.

Most of the students are male and, for the most part, are in decent



Daniel Roth

shape. I have to see them every day, and it is very discouraging. It's even more discouraging knowing most of the girls in that program are more toned than I am.

In the eyes of most people I, being male and slender, am considered less masculine. This is an awful stereotype. I can guarantee you a number of people have difficulty talking to me as they are so distracted by my weight, or lack thereof.

I can always tell their mind has wandered from my conversation, because out of nowhere they will ask if anyone else in my family is "thin."

This comment is no better than asking someone who is a little above average weight if anyone else in their family is "heavy."

They may think they're just making small talk, not considering I may be insulted.

It's unfortunate to say but over the years I've become quite short tempered with people because of some of the comments I receive.

I also have a tendency to tell people exactly what I think of them, especially if they judge someone solely by looking at them, and not by getting to know them.

I can forgive anyone who wants to be forgiven, but I probably won't trust them, as I have seen how they can treat others.

Nobody has the right to make comments towards another person based on appearance. Nor do they have the right to share their views with others who may not even know the person in question.

Very few people are happy with the way they look. And when you are either considerably over or under the ideal weight nobody needs to tell how you should look, as you are aware of your appearance.

Society should just accept that nobody looks like the people on the front covers of popular magazines, even those glamorous pictures have been computer altered.

Sputnik7.com offers exciting variety

This column appears weekly and focuses on interesting or fun Web sites that may be of interest to the students and faculty of Conestoga College.

Describing itself as "the world's first real-time audio/video Internet entertainment experience," sputnik7.com offers surfers an exciting blend of music, film and anime.

Sputnik7.com also offers videos, chats and the ability to purchase CDs from your desktop, through Amazon.com.

It is a free Web site although they encourage you to sign up as a member.

Sputnik7.com promises not to sell your e-mail address to other companies. However, they do use your e-mail address to run marketing surveys, promotions and giveaways - but they do give you the choice of opting out.

Through sputnik7.com you can tune into various commercial-free audio stations and listen to rap, alternative and R&B, among others.

A variety of streaming audio files are also available to down-



Marc Hulet

load and listen to music. Sputnik7.com promises "an expanded library of files where you can purchase, download and burn your own custom CDs" to be

coming soon.

My favourite area is the videos on demand. It allows you to choose from hundreds of videos and by simply clicking on the one you like you can watch it right on your PC. You will have to sign up for membership to use most of the features in this area, however.

I also wish they had a larger selection of artists.

Videos you can watch include: Afroman's Because I Got High, Fatboy Slim's Weapon of Choice and the Barenaked Ladies' Alternative Girlfriend.

There is also a large, diverse selection of independent music available.

Another interesting area is the anime section. You can watch

numerous anime video series, such as Violence Jack, Junk Boy and Giant Robo.

Short films are also available for viewing. My favourites were Rocket Pants by Andy Murdock and Headless by Wojtek Wawaszczuk - whose work reminds me of Tim Burton.

Sputnik7.com is also a great avenue for artists looking for exposure. They encourage people to submit independent film, animation, music and videos.

Sputnik7.com was awarded the Best Music Site Prize at the annual Webby Awards this year. The Webby Awards are "widely hailed as 'the Oscars of the Internet'" according to

Sputnik7.com. Whether you are a struggling artist looking for an outlet to express yourself or you simply enjoy music, short films or anime, sputnik7.com is an entertaining and useful Web site.

Anyone who knows an interesting or fun Web site can e-mail me at king_koala@yahoo.ca. Your suggestion could be used in an upcoming column.

TEST ANXIETY WORKSHOP



DO YOU DO THE FOLLOWING?

- ◆ Complete your work, are successful on assignments, but your test marks pull you down.
- ◆ Get so nervous that you feel sick to your stomach.
- ◆ Experience panicky sensations and find that your mind goes blank before or during a test.

SIGN UP FOR A TEST ANXIETY WORKSHOP!

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B02) before Friday, October 19th.

Common hours will be selected from submitted student timetables.

This "four session" group is available beginning the week of October 29th.

Workshop Facilitator - Joan Magazine

H:\Group Workshops\Test Anxiety Workshop2.doc

Nutz and boltz new theme for biz bash

By Nicole Childs

Nutz and Boltz is the new theme for the biz bash held by the Conestoga Business/IT Students Association.

This year the bash, which is held annually for students enrolled in business programs as well as all other college programs, will be held Oct. 18 between 9 p.m. and 2 a.m. at Stages nightclub in downtown Kitchener.

The Nutz and Boltz theme was created by Jessica Kunkle, a former Conestoga Business/IT Students Association member.

Each person that enters will be

given either a nut or a bolt and then they must find their match. Girls will be given nuts and guys will get a bolt. Prizes will be given out to those that find their match.

Graham Whitley, in charge of promotions for the association, said, "It's a really good way to make contact with other people."

Whitley also emphasized that the biz bash is for everyone. He said that most people think it is only for business students but in fact is open to everyone.

Whitley wouldn't reveal the other activities being held at the event because he said they are a surprise.

The association has gotten a lot

of support from Mike Conway, general manager of Stages.

According to Whitley, Conway has done the advertising, and is supplying fountain pop for the designated drivers. "They have been extremely generous and an asset with these types of events," said Whitley.

Conway also managed to get Mike Marshall of 103.5 FM to act as master of ceremonies for the event.

Students who require a ride to Stages can hop on the shuttle bus, which will be leaving from in front of the residence. Sign-up sheets are available at the association office and residence.



Graham Whitley

There have been many safety precautions taken with the buses this year to ensure that no one will be left

behind without a ride home. Sign-up sheets will be checked on the way there and on the way back to ensure that anybody who got to Stages on the bus, gets back on the bus.

The association will have people and police outside monitoring what goes on outside and making sure no one tries to drive home drunk.

John Beechy, in charge of communications for the association said, "We would like to let the girls have a good time inside the bar and know they will be safe when they leave."

Tickets for the biz bash will be \$5 in advance, \$7 including the shuttle bus and \$7 at the door, not including the shuttle bus.

Degree completion agreements offer students opportunity to travel abroad

By Mary Simmons

Graduates of Conestoga College have the opportunity to complete a university degree in places such as Australia and Hawaii.

Conestoga College has agreements with nine out-of-province universities. This includes schools in Alberta, New York, Hawaii, Michigan, B.C. and Australia.

Not all programs at the college offer this opportunity. Different programs also have different agreements. Accounting students have the option of eight universities while those in graphic design only have one choice.

The agreement with Athabasca University in Alberta includes opportunities for graduates of

accounting, management studies, marketing, materials management, broadcasting, graphic design, journalism, construction engineering technology, computer systems and telecommunications systems.

Buffalo State University has agreements with accounting, management studies and marketing. Graduates of these programs can obtain credit towards the bachelor of business administration program, completing the baccalaureate in three semesters.

Hawaii Pacific University (HPU) is open to graduates of accounting, management studies, marketing, materials management and social services.

HPU offers several student housing options, including residence

halls on the Hawaii Loa campus and university-leased apartments in Honolulu/Waikiki. There is also a referral service that can assist students who want to find their own housing, such as rooms, apartments or houses.

Lake Superior State University takes graduates of accounting.

Northwood University (NU) in Midland, Mich. is available for graduates of accounting, management studies, marketing and materials management. These students, who must have a B average or better enrol in the final year of the bachelor of business administration program.

NU is a college of business management. It offers both baccalaureate and graduate programs.

Royal Roads University in B.C. facilitates the block transfer of students who completed the accounting, management studies, marketing, materials management and social services at Conestoga College. These students will be placed into the third year of the bachelor of commerce in entrepreneurial management degree at the university.

Saginaw Valley State University in Michigan is available for graduates of accounting, management studies, marketing, materials management, computer systems, telecommunications systems and mechanical engineering.

The University of Western Sydney in Australia accepts graduates of accounting, marketing,

computer programmer analyst, journalism and mechanical engineering.

Graduates of the computer programmer analyst program are eligible to enrol in the final year of the bachelor of commerce and computing program.

Nursing students have the option of attending D'Youville College in Buffalo. They are eligible for 57 credits out of 120 required for a bachelor of nursing degree.

Information on any of these degree completion agreements can be obtained through links on the Conestoga College Web site. Students who are interested can also get in contact with the registrar's office, or their program coordinator.

Cost of repairing playground equipment reaches \$20,000 at six day-care centres

By Marcy Cabral

Last year the playground equipment at Conestoga College's six day-care facilities was deemed unsafe. But repairs have been made and the children are once again climbing bars and sliding down slides.

Repairs have been in progress since last year and were completed over the summer with the college's physical resources department doing all the work on evenings and weekends.

The inspections, done by the Liftsafe Inspection Company at the end of 1999 on all six college day-care facilities, is a requirement of the Canadian Standards Association (CSA), according to Shelley Schenk, manager of Conestoga College's child-care centres. The standards were revised in 1998 and came into effect in 1999, and require written reports for all inspections. The CSA also rewrites the standard for children's play spaces and equipment every five years, which means more repairs may be required in 2004.

"People feel like they just caught up with the standards and now we could have new ones in a few years," Schenk said.

Most of the recommended playground repairs consisted of putting boards or barriers up to prevent children from falling or getting stuck between gaps in the equip-



Shelley Schenk, manager of Conestoga's six child-care facilities, stands on a repaired playground. The playground had to be repaired in order to meet the new playground safety standards of the Canadian Standards Association. (Photo by Marcy Cabral)

ment. This caused a slight controversy according to Schenk because people would look at the equipment and notice little or no change.

"To the uneducated eye people would look at it (the playground) and say it looks the same, but we had to do it," she said.

Funding for the equipment maintenance came from the child-care budgets and also from the region of Waterloo. A one-time fund program was created by the municipality, which allows day-care centres to purchase and repair playgrounds in order to meet the CSA standards.

"Between the six centres, we were allocated \$20,000 last year to

put towards repairs and renovations of the playground," Schenk said.

When the renovations were complete the Ministry of Community and Social Services relicensed the child-care facility.

However, the ministry reserves the right to recommend another inspection of the equipment when they so choose.

"All six of the centres were licensed in the last six or seven months. And no recommendation came forth from the ministry that they needed an inspection, which says to me that they're satisfied with what we've done," Schenk said.

There could be children running around Conestoga

By Lisa Hiller

After the regular college schedule ends in April 2002, Conestoga could be overrun by children, according to the college's director of continuing education.

Dave Stewart has been given a mandate to fill up classrooms in the college over the summer months. He said the college has tried developmental interest programs for adults, such as sailing and landscaping courses, but they failed to attract enough people. As a result the college remains quiet for a third of the year, not unlike the universities, Stewart said.

Since history has shown that adults really aren't interested in attending school over the summer, the college is exploring the idea that comprehensive children's programs could be the answer to finding a way to increase continuing education activity around the college in the summer.

Stewart said most parents want children actively engaged through the summer whether it is attending summer school or day camps.

The programs would be supervised and structured and be the

length of a regular working day, 8 a.m. to 5 p.m.

"The programs will integrate what the recreation centre is doing," he said. "They will be academic and fun." Stewart said the college probably would not get children over 13 years.

Instead, they would be looking at an age range of five to 12, according to Stewart.

Stewart also said Tony Martin, the director of athletics for Conestoga College, already has summer programs for children going on at the recreation centre and that his and Martin's intentions are to expand those offerings.

Last summer, according to Martin, the rec centre hosted summer adventure and sport camps for about 650 kids for a nine-week period during July and August. Eighty kids a week participated in many programs that included off-campus trips to Sportsworld and Bingemans as well as barbecues and campouts.

Martin said the college will continue with those programs, but will expand them to include academics. He is talking with an outside agency to make the plan happen. "We are in the process of making the program bigger and better."

The best and brightest compete in South Korea

By Laurie Vandenhoff

Halfway around the world future plumbers, hairstylists and cabinet-makers gathered in Seoul, South Korea for the 36th World Skills Competition.

Young people from 35 countries competed in 45 categories at the event that ran from Sept. 6 to 21.

The World Skills competition is held every two years in a different country to promote talent and craft among youths. The event is a branch of Skills Canada, which holds competitions every year.

These competitions consist of several different levels, beginning at the local stage. Every year, Conestoga College hosts the Ontario Skills Competition. Finalists from that event move on to the national level, the Skills Canada competition. Those winners then compete at the international competition.

"Any hand-skilled trades are featured at these competitions," explained Mark Bramer, a wood-working teacher at Conestoga.

Bramer participated in the world event as an international cabinet-making judge.

This role required him to prepare, facilitate and judge the various competitions.

Bramer has been involved with Skills Canada events for 12 years.

He uses his involvement in the competitions to broaden his teaching scope.

"From a professional development standpoint, I have acquired many new ideas and philosophies that I have attempted to convey to my students," he said.

Bramer returned from South Korea on Sept. 20 after spending his fourth year participating in the

world skills competition.

"What excites me is that it is a world stage of skills, where people are honoured and promoted for their high degree of excellence," said Bramer.

He was one of four representatives from Conestoga College at the competition.

The other participants included former Conestoga welding teacher John Kroisenbrunner. He was presented as an expert in welding.

Conestoga student Rafa Abdul competed in the information technology event for software application.

A second student, Terry Brower, did part of his training at Conestoga and competed in pattern making.

The two students, who did not receive medals, represented the college well.

"Four people from the same college representing Canada at the world stage is very exciting," said Bramer.

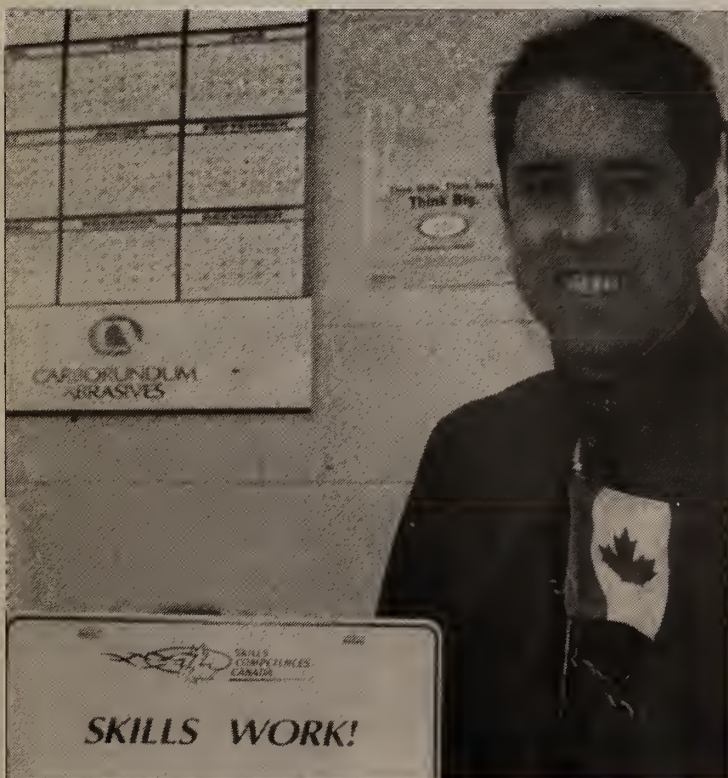
Canada also fared well at the international level. The team achieved a silver and bronze medal for restaurant services and landscaping, respectively. There were also four fourth-place finishes and five fifth-place finishes.

"So as a team we did well, even though we did not take home as many medals as desired," said Bramer. "We have made huge strides to promote skills at the international levels."

Canada placed thirteenth out of 35 countries.

This year countries from Asia did better than the North American participants.

Taiwan came out on top, taking home the greatest number of medals. They were followed by Korea and Japan.



Mark Bramer, a woodworking teacher, has been involved with Skills Canada for 12 years. Recently he returned from the 36th World Skills Competition in Korea. He was an international judge in cabinet-making.

(Photo by Laurie Vandenhoff)

Student shows the world what he's made of

By Reni Nicholson

A third-year computer programmer/analyst student at Conestoga College is proof that taking the knowledge attained in school and bringing it to the world is not an impossible feat.

Rafa Abdul, 21, has just come back from competing in the 2001 World Skills Competition in Seoul, South Korea.

Abdul competed against 17 representatives from other countries in the information technology portion of the competition. This category consists of being tested on writing and developing computer software, graphic design, and Web site development.

The 36th annual competition, which took place from Sept. 6-21, featured Abdul and Terry Brower of Cambridge, as well as 28 other Team Canada competitors.

Abdul was eligible for the world competition after winning gold medals in the regional, provincial and national skills competitions.

He placed first in the category of information technology at last year's Canada Skills Competition, which took place in Edmonton, Alta., in September.

Abdul said having the opportunity to go to Seoul, South Korea and meet people and experience the local culture and sights was important.



Third year computer programmer/analyst student Rafa Abdul was one of 28 Team Canada competitors at the 36th annual World Skills Competition last month in Seoul, South Korea. Abdul won a gold medal in the information technology portion of the Canada Skills Competition last year. (Photo by Reni Nicholson)

He came home with a certificate of completion from the event.

He said having the opportunity to see other competitors and getting familiar with their levels of skill is what the competition is all about.

"I was tested on pretty much every piece of software in the market," he said. "They wanted to know if I knew it and how well I knew it."

Feeling confident when he went to Korea, Abdul said the competition level and expectations were high.

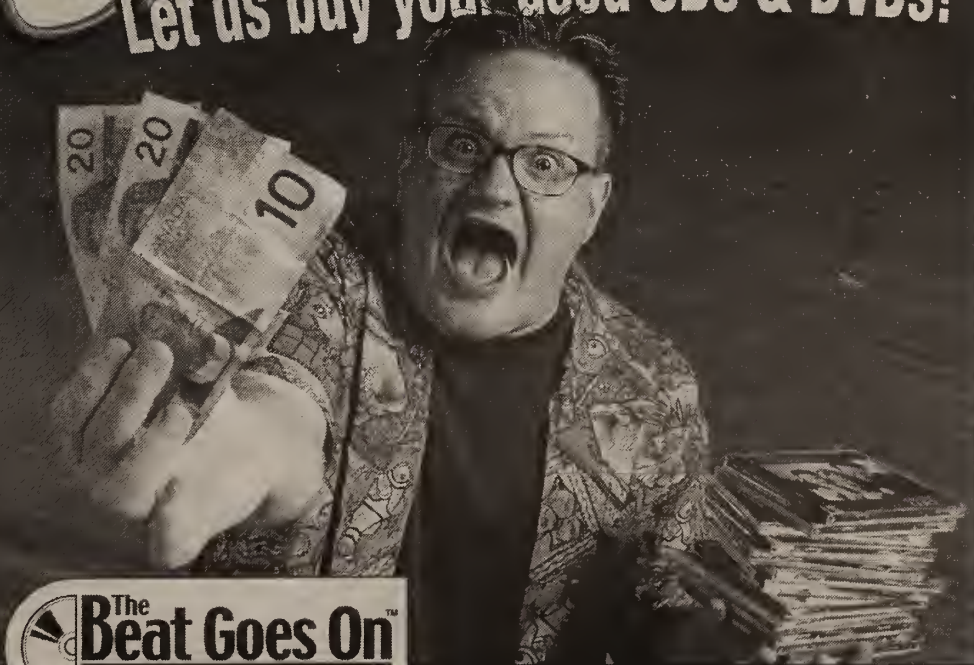
"I was competing with the best in the world."

The objective of the World Skills Competition is to present the future of trade to skills youths. The event is meant to promote skills and increase the skilled population.

Abdul will not be competing in the next World Skills Competition because competition rules state that participants must be under the age of 21.

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Student starts U.S. relief fund

By Julie Graham

Many of us have watched the news these past few weeks and have seen the efforts people are making to support those affected by the terrorist attacks in the United States. One Conestoga College student has joined the effort by starting up a fundraiser at the college.

Isabelle LeBlanc, an early childhood education student, who watched the aftermath of the attacks in the Sanctuary, decided something had to be done. With the help of college administration, LeBlanc set up a fundraiser sponsored by the Red Cross. Her goal is to raise \$5,000 by the end of December.

"I was watching the memorial service and my heart went out to those people," said LeBlanc, who has been involved with smaller charities in the past. "I decided it would be a good way to help."

There are 14 donation tins set up around the college waiting for stu-

dents' pocket changes. Also, once LeBlanc has a few more volunteers, there will be tables set up for students who want to donate more than their spare coins.

In the first few days after the attacks, fake fundraising schemes were set up on the Internet and around New York City. LeBlanc said she couldn't come up with words to describe how low people are to have set up such schemes.

"There's so many people out there that need money, that need help, and these people are using someone's grief to collect money," she said. "That's really unfair and unjust."

She said when she talks to people, she doesn't harass anyone for money. "I don't really say very much about the money aspect of it, I just talk about what happened and about the people who have been hurt. I think that's what people care about."

The 22-year-old said the toughest thing with starting the fundraiser was finding out the guidelines.

"I found out that if I would've



Isabelle LeBlanc, an ECE student, sits with some of the money she has collected for the Red Cross. LeBlanc, who has set up a fundraiser in aid of U.S. disaster relief, is hoping to reach a goal of \$5,000 by the end of December.

(Photo by Julie Graham)

started this on my own, it would have been illegal," said LeBlanc, who is working under a contract with the Red Cross. However, she

said she has enjoyed setting up the fund and feels good knowing she is helping.

"I've always been the kind of per-

son to give my time to someone else," she said. "That's what makes me happy, to know that I'm making somebody else happy, and to know that I'm making a difference in someone else's life."

Students who would like to help LeBlanc can find out how to contact her on posters she has around the school. Volunteers can expect to work during their breaks or when they have free time at school. Also, she wants students to know they will receive a tax receipt if they donate more than \$10.

"I'm just here to help and I hope that people aren't reluctant to help either. The more we can help those people who are grieving the sooner we can get things back to normal as much as we can," she said. So far, she has counted nearly \$70 in the first week of the fundraiser.

"Imagine if everyone donated a loonie? I think we would be over our goal by the end of December," she said. "Now if everyone donated a toonie ... we would double our goal."

Art Jam unveils Breast of Canada 2002 calendar

By Stacey McCarthy

Art Jam unveiled their unique 2002 calendar to the media on Sept. 25 in preparation for breast cancer awareness month in October.

The calendar, Breast of Canada 2002, featuring the black and white photographs of Guelph photographer Melanie Gillis, depicts "healthy, natural women."

The photographs in the calendar are nude models ranging in age from their 20s to 40s. Their torsos are shown in the photographs in various poses.

Forty per cent of the profits for the calendar will be given to Breast Cancer Support Services' breast health education programs.

The calendar will be distributed nationally and consumers can purchase one at participating Shoppers Drug Marts, the Calendar Club, a kiosk found in malls, or Guelph's Bookshelf Café. They cost \$24.95 plus tax.

The idea for the calendar first came from Sue Richards, creator of Guelph's Art Jam program. Art Jam is a community arts program operating in Guelph.

"This idea has always been with me," said Richards. "It's an important cause and compelling subject matter."

Adrienne Winslow of Breast Cancer Support Services also spoke at the conference.

"I remember the day Sue first came into my office. She had this idea and she was so excited about it.

It was impossible not to get excited too - a quick meeting turned into three hours."

In addition to the fine art imagery, the calendar acts as a health manual by teaching women the proper way of self-examination and breast health facts.

"It's a beautiful calendar but a highly informative one as well," Richards said.

"You need to be empowered to act on something like breast cancer - this calendar definitely does that."

In addition to containing necessary information regarding breast cancer, the calendar also features photographs of "women in a healthy perspective - beautiful images of everyday people."

"It's absolutely ... thrilling," said Richards. "To be a part of something like this - it's great."



This is the cover of the Breast of Canada 2002 calendar which supports breast health and breast cancer research.

Speakers at the conference also included photographer Melanie Gillis and models Tova Davidson, Adewale Olanike Shamonda and Melanie Archibald. Gareth Lind of Lind Design, who helped design the calendar, and Konnie Peet, executive director of the Guelph

Community Health Centre also spoke at the event.

"It's a wonderful melding of passion on the parts of the whole team," said Richards. "What we've created will be shocking - hopefully, but also informative."

Gareth Lind from the design team

agreed. "It's wonderful to work on something that actually means something and to promote awareness."

"We've made a great calendar," said Richards. "We've just got to get the word out there. We've got 20,000 to sell."

Safety issues important at Conestoga College campuses

By Janine Toms

Remember what we learned in grade school? Say no! Then go! And tell someone you trust!

This procedure still applies today, especially if you see someone behaving in a suspicious manner in or around the school.

Trust your gut reaction, it's probably right.

"We find suspicious people that have no reason to be here," said Al Hunter, supervisor of security services at Conestoga College.

Any persons within the school's premises without consent may receive a trespassing notice and be

asked to leave, said Hunter.

"We don't provide information concerning staff or students without written consent."

*Al Hunter,
supervisor of security
services*

Students in the school after hours are required to display student cards while using computer labs. Those who wish to enter a classroom, require an admittance pass from a teacher.

Another key resource in the fight for safety would be The Freedom of Information and Privacy Act that applies to the school said Hunter.

"We don't provide information concerning staff or students without written consent and wouldn't confirm if the student is enrolled in the school."

However, there are exceptions to the act.

For example, private information would be disclosed if a student or faculty were involved in a court proceeding, if police had a search warrant for a member of the college, or a tragedy required police to notify next of kin.

The college can also enter lockers for similar reasons. And, lockers that are not vacated after June have locks cut off and are emptied.

Each day the external doors are locked at 11 p.m.

When possible, the property within these lockers is returned. Some articles are held for up to six months.

Belongings not obtained by the owner, such as clothes, are donated to the Salvation Army.

Also, articles such as calculators

and books are given to Student Services to be distributed to disadvantaged students at the college.

To ensure safety at the college Hunter attends each orientation for first-year students and outlines the safety programs offered at the school.

Each day the external doors are locked at 11 p.m. and internal doors, depending on the location and the time of the year, are closed between 6 p.m. and 9:30 p.m.

All areas of the school and its property are patrolled regularly and awareness briefings are given to security about potentially vulnerable locations.

Consent vital when having sex

By Paul Kostal

Students at Conestoga College seem to understand the most obvious form of date rape, but they are a little foggier when it isn't so obvious.

Counsellor Barb Kraler, of student services, said, "Attitudes need to change," regarding date rape. She said people need to be aware of all the forms of date rape, not just the most obvious one. Date rape is not just a sexual encounter when consent is denied,

it is any sexual encounter between acquaintances when consent isn't given. It's a fine, but very important line.

Spoke went to students and asked them if they knew what date rape was.

Practical nursing student Catherine Zegerius said, "If the girl makes it clear and the guy keeps going, then it definitely is rape."

James Mair, an environmental engineering student said, "Consent. If it's not given then..." He left the

thought unfinished, unable to say the words.

While many students also found it difficult to say the actual words "date rape," many of them agreed with Mair.

"If the guy does something she doesn't like then she has to say no. If she does and the guy keeps going, then that's date rape," said Jennifer Sharman, a nursing student.

Katie Macpherson, a marketing student, agreed with Sharman. "When consent isn't given, it's

rape," Tramble said.

Barry Hills, an environmental engineering student, said, "For the male to continue after the female has said no. I think that's rape."

Some students weren't even sure what date rape was.

"I don't know," was the answer given by both Hung Trang and

Jimmy Lam, mechanical engineering students, when asked what makes a sexual encounter date rape.

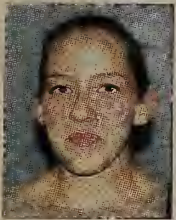
One student, Marty Magens, said, "Someone's got to be taken advan-

tage of."

Tammy Tramble, a marketing student agreed, saying, "When consent isn't given, then it's rape."

Most students, however, were focused solely on whether or not the woman said no. Few were aware that if a woman didn't say yes, it would still be labelled as rape.

"I know some guys would be embarrassed," Kraler said. "But it wouldn't be a bad thing to know for sure if the woman is really interested."



Zegerius



Mair



Sharman



Magens



Tramble

Kitchener store helps people feel good

By Daniel Roth

Conestoga College marketing graduate Sean Doiron now co-owns and operates a successful adult entertainment store.

His HardWear clothing and intercourse accessories store is tucked next to the Lyric nightclub at 120 King St. W. Kitchener. You can't help but notice the glowing triple Xs in the storefront window while walking by. Once inside you'll probably want to return.

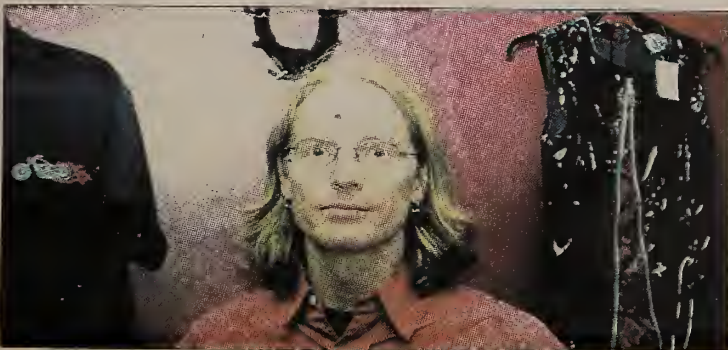
Doiron is quite successful at making customers happy — very happy.

Doiron sums up his store in one sentence.

"It's the anti-Le Chateau store," he said.

It started out as strictly a clothing store, but slowly moved into selling sex-related items.

"When we drew up our business plan our basic goal was to have a store that was about feeling good about yourself.



Sean Doiron, a Conestoga marketing program graduate, co-owns and operates the HardWear clothing and intercourse supplies store in Kitchener.

(Photo by Daniel Roth)

"When you're wearing the clothes we sell, you put them on because you want to get dressed up.

"You're making a concerted effort to really look good to go out.

"We got the sex toys because that was also about feeling good.

"It's all about enhancement," he said.

The store's goal is geared towards helping people become

more intimate with each other.

"It's about having fun and being comfortable with your partner," he said.

He elaborated by saying people are afraid of exploring something new. "People are really uptight about having sex and they don't explore anything which could enhance their relationship with another person.

"That's what we're here for, whether it be the extreme of fetish or a simple massage, it's just different things people don't try.

"They just go right to sex and they think they're satisfied," he said.

Most of the new items brought into the store have been recommended by customers. Doiron also does some of his own research.

"I watch Sex with Sue a lot," he said. "Once a week she'll do her thing on what products are hot, what's not, what will break down, what won't. I'll rate products on that."

Even though HardWear caters to women it also carries a few do-it-yourself products for men. The Senso Pocket Pal is a silicone device that will satisfy the loneliest guy for \$34.95.

"We just started carrying them, this is actually our first guy toy," he said. "I would imagine they work or they wouldn't sell them."

The clientele ranges in age from

25- to 40-year-old women and 18- to 30-year-old men. They carry a wide variety of lingerie and body suits. But Doiron also wanted to supply more Johnny Suede clothing for men.

"They (the clothes) start at \$80 and they go up to \$100."

"It's just a straight button-up short-sleeved shirt. I saw them a lot when I was in Las Vegas, everyone was wearing Johnny Suede.

"I know I'm the only person who sells Johnny Suede in southern Ontario."

HardWear carries a variety of other clothes, all of which are manufactured in California, as well as a wide variety of edible or glow in the dark finger paints, movies and massage oils.

The sex items sold in the store are intended to enhance the mood and to increase the anticipation of intercourse.

Prices range from \$3.95 for gag gifts to more than \$100 for leather products.

Arena might be underused

The new "learn to" programs should increase demand for the facilities

By Paul Kostal

Walking through the Kenneth E. Hunter Recreation Centre, one might see an ice rink that is dark and unused.

Tony Martin, Conestoga's director of athletics, said that is misleading.

The arena is open for public skating from 11 a.m. to 1 p.m. on Tuesdays and from 2 to 3 p.m. on Sundays. As always, the facility is free to Conestoga students.

But three hours a week, with one of the time slots on Sunday, doesn't seem like very much especially for a commuter college like Conestoga.

Martin agreed, but said the demand just isn't there.

With public skating taking up three hours a week, the varsity team using it for about six hours a

week and shinny hockey for eight hours a week, the rest of the time is left for open booking.

Bookings are open to organizations from the public and the school from 7 a.m. to 1 a.m. seven days a week, when the rink isn't being used otherwise.

However, Martin said, the recreation centre would not likely book out the rink for just one person. He said the rink needs to be cleaned between each use and before the next event, and having the ice cleaned for just one person wouldn't be cost effective.

"We still have to generate income," he said.

He estimated the costs for maintaining the arena at about \$300,000 a year. Money from the public bookings help cover most of those costs, with student fees covering the rest.

He said staff do not give public bookings preferential treatment over student bookings.

A new line of programs at the arena will be starting soon called the "learn to" program. This series of training and learning exercises will help students learn how to play sports they may not have had any previous exposure to.

A learn to skate program is just one of many planned in the future.

Martin expects the arena will be busier in the spring once the learn to skate program starts in March.

"We're going to have hockey players help teach," Martin said. "It's part of a whole line of programs we're starting." Other sports and activities, though not finalized, will be part of the learn to series.

Blood check



Peggy Morris, a clinic assistant with Canadian Blood Services, tests a person's blood type in front of Door 4 at Doon campus Sept. 26.

(Photo by Reni Nicholson)

Professor wins Outstanding Educator Award

By Nicole Childs

Mitchell Wawzonek, a professor in the mechanical engineering technician/technology programs at Conestoga College, has won the Outstanding Educator Merit Award from the Ontario Association for Certified Engineering Technicians and Technologists. Wawzonek was presented with the award at the association's annual award dinner held at the Albany Club in Toronto this summer.

The award is given to an individual who has made a significant contribution to the training and education of engineering and applied science technicians and technologists. It recognizes a sustained record of excellence over many years, and not for one specific year or singular accomplishment. The association is a non-profit, self-governing, profession-

al organization of approximately 20,000 members that promotes the interests of engineering and applied science technicians and technologists in the industry, educational institutions, the public and government. Graduate members of technical programs at Ontario colleges are eligible for membership.

"On a personal level it is an honour to be recognized for my involvement in the area of engineering education."

*Mitchell Wawzonek,
professor in the mechanical
engineering programs*

Wawzonek has been a faculty member at Conestoga for 16 years.

He teaches in the mechanical engineering design areas and as the program co-ordinator he is involved in the establishment and review of curriculum.

Winning the Merit Award was an unexpected and pleasant surprise for Wawzonek. "I've been teaching at the college for some time and it is gratifying to receive outside recognition for the quality of education provided at Conestoga," he said. "On a personal level it is an honour to be recognized for my involvement in the area of engineering education by the association."

According to Wawzonek, part of serving the needs of his students is to try to keep up with the times and remain current with the changing needs of industry. Although awards are selected by closed ballot, Wawzonek believes that his involvement on the Program



Mitchell Wawzonek, a Conestoga faculty member, won the OACETT outstanding teacher award June 18.

(Photo by Nicole Childs)

Advisory Committee (PAC) at the college played a role in being nom-

inated for this award. The Mechanical Technology PAC to which Wawzonek belongs meets three or more times a year and consists of local industry members and co-ordinators. Some members of the PAC are also members of the association.

Wawzonek has also been extensively involved in the Skills Canada Competitions for 10 years in the mechanical engineering drawing areas. He helped with competitions for regional, national and international competitions in Taiwan, France, Switzerland and Montreal in the capacity of judge and international judge.

Wawzonek lives in Cambridge and has a bachelor of science degree in Mechanical Engineering, which he obtained from the University of Waterloo in 1977 and a masters of science degree from the University of British Columbia in 1979.

Organ donation agencies need help from donors

By Tannis Wade

All over the nation people rushed out to donate blood in wake of the Sept. 11 tragedies. Now that the Canadian Red Cross is doing well, it is time the public knows that our bodies have more to give than blood.

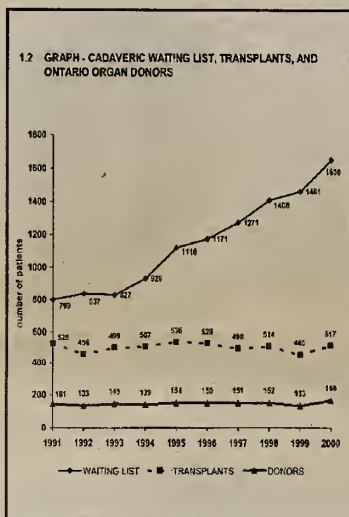
Organ Donation Ontario (ODO) is in need of more people who are interested in becoming donors. This means getting out there and giving people the knowledge they need to make an educated decision.

Organ Donation Ontario prides itself on its efforts to increase public awareness as well as educating health care professionals about organ donation. The more people know about and believe in an issue the more widespread it will

become. "It is clear that hospital commitment is crucial to capitalizing on the goodwill Ontarians feel toward organ donation," wrote executive director Gary Cooper on the ODO Web site.

There are two types of donors. Most people automatically think of cadaveric donations, which is when organs are transplanted from someone who has died. What people don't always understand is that increasing technology is allowing for more living donation transplants. This area has expanded to include not only kidneys, but portions of livers and lungs as well.

There were 183 living donors in Ontario last year, up 19 per cent from 1999. "The number of living donors surpassed the number of cadaveric donors," wrote Cooper.



Organ Donation Ontario graph represents those on the waiting list for organs.

Despite this increase in numbers the margin between donors and patients waiting is not decreasing. There were 1,650 people on the waiting list last year.

In order to become a donor you must sign a donor card. Cards are sent out with every new or renewed driver's licence. What you should know is that there is no official card. On the card you can donate only specific organs or you can choose to donate any needed organs from your body.

However, even if you do have a card the final decision will ultimately lie with your family or loved ones. In all cases family members will be asked for their permission before any organs and/or tissues are removed from your body. Organ Donation Ontario suggests that you discuss

your wishes with your family if you are interested in donating.

You can also register to be a donor on the Internet from a link at the Organ Donation Ontario Web site at www.organdonationontario.org. The Ministry of Health will have your wishes registered along with your OHIP number. The ODO office also has registration forms.

"The years ahead will no doubt continue to challenge all of us in the organ donation and transplant communities, who will continue to work co-operatively to meet the demands of a growing waiting list by encouraging and enabling donor families to give the gift of life," Cooper wrote.

For more information call 1-800-263-2833 or visit the organ donation Web site.

The perfect abode

By Michelle Timmerman

For many students finding that perfect place to live during the school year can be the most exciting part of going to college, or it can be the most frustrating.

Several of Ontario's colleges provide housing or residence for students attending the college to help ease the stress of trying to find a roof to keep over their head. Although living in residence can be quite costly, it does have its advantages. Local phone calls, cable and Internet hookups are included in the price to stay in residence for the academic year. Sarnia's Lambton College is the exception, where students are responsible for setting up their own telephone arrangements.

Conestoga College's newly renovated residence, located on New Dundee Road, a short 15-minute walk from the college, provides students with two options.

The first option is a shared suite for \$3,900 for the academic year which includes a three-piece bathroom and a kitchenette. The second option is a private modernized suite, where students each have a private

bedroom and share a full-size kitchen and a three-piece bathroom with a roommate.

Other provincial colleges that share the private suite setup are, Mohawk, Seneca, Niagara and Durham.

Fanshawe's residence suites each contain four private bedrooms each with cable, Internet and phone hook-ups, two three-piece bathrooms, a living room furnished with a couch, television and a coat closet. The building's six floors each contain a common room with pool tables, vending machines and televisions. The cost to stay in the residence for the academic year is \$4,050.

Sir Sanford Fleming's Sutherland Residence located in Peterborough, provides students with an apartment-like setting. Each floor contains four to six apartments with each apartment containing two four-piece bathrooms, six private bedrooms, a living room, dining room and kitchen facility. The building also includes a barbecue area, tennis, basketball and volleyball courts. The cost to stay in Sutherland for the academic year is \$4,050.

Student shuttles sent from bars not allowed on school property

By Tori Sutton

Students at Conestoga College and local universities have to go off campus to catch buses sent out by local clubs to bring students to their bars.

Club Elements, located on King Street in Kitchener, sent buses to Wilfrid Laurier and Conestoga College's residence, and had planned on sending another to the University of Waterloo before they found out about Waterloo's policy regarding shuttle buses to bars.

Wilfrid Laurier University (WLU) students missed the bus sent to the school by Elements after security personnel asked the bus to leave.

Manager of WLU Security Services Peter Jorg said the school does not allow buses from bars on school property to pick up students.

"They're not allowed to come on our property to run a shuttle," said Jorg. "And it's not likely they would be given permission from

the school."

The only buses allowed to take students to bars from school property are ones that are organized through campus clubs.

"Because it is private property we can allow or disallow buses."

*Peter Speck,
acting sergeant for
University of Waterloo
security*

Laurier's security officers have been given instructions regarding buses from bars and when an officer spotted the bus from Elements, he asked the driver to leave said Jorg.

Elements called the University of Waterloo and asked about sending the shuttle ahead of time said Peter Speck, an acting sergeant for University of Waterloo security.

The school explained to the club that they do not allow such buses on school property.

"Because it is private property, we can allow or disallow buses," said Speck. "And because of concerns of other groups on campus, they can't pick them up here, but they can bring them back."

Both schools said they issue written and verbal warnings to the bars first, and if the actions persist trespassing charges can be laid.

Conestoga College's policy on buses sent from bars is similar to the universities.

"Sometimes we do have buses come in for events organized by Conestoga Students Inc. but at least we have responsible people looking after the students," said Al Hunter, supervisor of security services.

The bus sent from Elements wasn't a problem at Conestoga because the trip was organized through the CSI, who estimates they sold about 150 tickets for the event.

Canadian suggests response to attacks

By Julianna Kerr

How should Americans respond to the Sept. 11 terrorist attacks on their country, and what role should Canada play? One Canadian offers his opinion.

Timothy Nason of Kanata, Ont., was about 23 kilometres from the Pentagon when the plane hit. His business trip was abruptly altered as news of the attacks came in.

Nason had been scheduled to fly back to Ottawa the day after the attacks, but was not able to get home. He finally arrived by car at about 2 a.m. Saturday, Sept. 15.

"My initial thoughts in the days

following the attacks were what a terrible and very sad thing this handful of misguided people has done," he said, "and what is the United States going to do now?"

President George W. Bush has found what he considers to be a noble cause for his administration, Nason said. "I think they should make every effort to hunt down the people involved and bring them to justice. I think the Americans are doing their best to do the right thing. They've been very clear that they want to annihilate terrorism."

Nason said he thinks the U.S. has made responsible and thoughtful progress so far by trying to obtain

the backing of all countries, including those of the Middle East. He said it should be considered that people like Osama bin Laden, who is accused of being the mastermind behind the terrorist attacks, may be trying to incite the kind of confrontation that could result from U.S. military action.

"You have to show the world that you are sincere in your desire to fight terrorism," Nason said. "And maybe there's a small chance that good and rational people will recognize this sincerity and have confidence in globally supporting the war against terrorism."

Nason said the issue of

Canada's role in response to the attacks is a tough one. In many ways, it is not Canada's fight. If this is an issue based on U.S. foreign policy, Canada has no place in cleaning up the mess. "On the other hand," he said, "we share a common set of values, a lifestyle and a culture with our neighbours to the South. I share with most people a feeling of profound regret and loss for those killed on Sept. 11. It's not much different from having a neighbour's home invaded and then attacked. From that perspective, I think we should do what any good neighbour would do to help." For Nason, that

includes ridding the neighbourhood of those responsible for the crime.

Although glad to finally be home, Nason said the familiar feeling of comfort was no longer there. He said he felt like he was at home while he was in the U.S., and that he had never felt closer to the American people than he did during that trip. Nason said Canadians should be prepared to help however they can.

"I think the attack really put our differences in perspective on a global scale," he said. "I actually felt like this (the U.S.) was my place and these were my people who were being attacked."

Groundskeepers prepare for winter

By Mike Metzger

As winter approaches, Conestoga College's groundskeeping department is getting machinery ready and cleaning up around the school.

Jobs that are being done in preparation for winter include aerating, cleaning equipment, cleaning up leaves, pruning trees and seeding the lawns.

One of the people involved in the tasks is groundskeeper Cory Mather.

"Right now we're doing a lot of machine work, cleaning and repainting while it rains," Mather said. "Outside we're trying to get cleaned up before it snows."

Mather and his fellow co-workers can be

seen around the campus with rakes and leaf blowers.

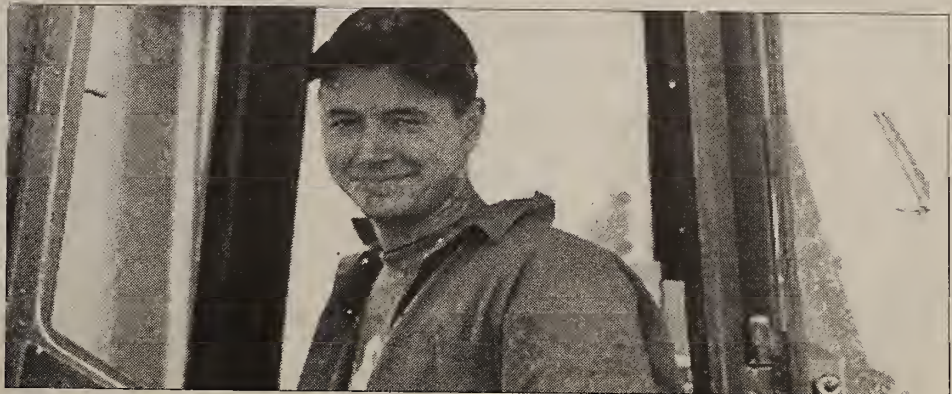
The leaves are collected on trucks and go to a large compost pile behind Lot 12.

Branches from tree pruning are also put on a large pile behind Lot 12 and are turned into mulch when the pile gets too big.

This year the groundskeeping team has a new project for winter.

The crew is making no parking signs for the parking lots, since it is difficult to see the lines when snow is covering the ground.

When winter arrives, the groundskeepers will turn to plowing, salting, and collecting garbage as their major jobs.



Cory Mather looks out the window of his tractor as he returns from leaf cleanup.

(Photo by Mike Metzger)

Satellite campuses need representation in CSI

By Shannon McBride

Conestoga Students Inc. needs representatives from the satellite campuses in order to serve their students properly.

According to Jody Andruszkiewicz, CSI's vice-president of academics, it is more difficult to work with the satellite campuses if they are not properly represented.

That's why sometime this fall, representatives from each of the satellite campuses will be elected to CSI's board of directors.

"The onus is on us to advertise. Then it's up to them to attend."

*Jody Andruszkiewicz,
vice-president of
academics, CSI*

The exact date of these elections hasn't been announced.

"We have to fill our internal full-time positions first," said Andruszkiewicz, adding that the framework for the satellite campus elections is not yet in place.

Though Andruszkiewicz stressed the importance of these satellite campus representatives, he said it is not always easy finding individuals to represent their campuses.

"I think distance is part of the reason why those students don't get involved as much," Andruszkiewicz said, adding they may not feel the drive to Doon is worth it. "Two meetings a month at Doon just isn't

convenient for them."

Students from other Conestoga campuses may find it hard to get involved because of the shorter lengths of their courses.

"There are very few three-year courses at the other campuses," Andruszkiewicz said, adding it might be hard for students in two-year courses or less to get involved in CSI.

Despite all these drawbacks, Andruszkiewicz said he would like to see students from other campuses get involved.

"It's one way to do something for your school," he said.

Student representatives from satellite campuses make the transfer of information from campus to campus much easier.

"It's really hard to get the information out to campuses in other cities," Andruszkiewicz said, adding other colleges have satellite campuses, but most of those campuses are in the same cities as the main campus.

CSI advertises its events in Spoke, puts up posters at the other campuses and sends out a calendar of events for every student, but that's as far as it goes without representatives.

"The onus is on us to advertise," Andruszkiewicz said. "Then it's up to them to attend."

Andruszkiewicz said he would really like to see students from other campuses attend CSI events.

He said they are fee-paying students and they deserve everything that Doon students are entitled to.

COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety! The following resources are available to you at the college:

- 1) Join a Public Speaking Anxiety group, offered through Student Services (2B02) in the Winter semester.
- 2) Enroll in the Public Speaking option of the Anxiety and Personal Performance course (offered in D block starting January, 1999).
- 3) Read the Anxiety and Phobia Workbook, Bourne (available at the LRC on the shelf and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.
- 4) Make an appointment with a counsellor in Student Services.

A Message from Student Services (Room 2B02)

Hey sleepyhead, it's time to get some sleep

By Laurie Vandenhoff

Can you feel it? Your eyelids are becoming heavy, you're having trouble keeping your head up and somewhere deep in your throat a yawn is forming. Sound familiar?

This is the time of year students usually start to feel the effects of sleep deprivation. They can no longer spend their days sleeping in late and cannot stumble home at 5 a.m.

A survey of 20 Conestoga College students showed that, on average, they get seven hours of sleep per night. While this is not a bad average, there are many circumstances that can affect a good night's rest. It may be a test, a project left to the last minute or a night at the bar.

Studies show students require eight hours of sleep to feel energized, healthy and capable of learning.

Despite the number of students suffering from sleep deprivation, they do consider it to be an important element of their lives.

"Sometimes I just don't go to school," said Kristy de Vries, a marketing student at Conestoga College. "Usually one day a week I don't go. I just sleep all day."

Other students forgo social events.

"I'll miss going out with my friends at night because I want to go to bed early," said Karen

*Siegel, also a marketing student.

Sixty-five per cent of the students surveyed received fewer than eight hours of sleep per night. The majority of them said they slept more on the weekends, meaning they are depriving themselves of sleep during the week, when it is important to be well rested.

Students can find it hard to get the required amount of sleep because of the pressures they encounter. Between early morning classes, homework, part-time jobs and their social lives, it can become difficult to fit in eight hours of continuous sleep.

However, without it they will find it hard to function from day to day.

Most students are aware of the initial affects that a few sleepless nights might have. However, overall the lasting impression it leaves is much more serious.

Research from Chico State University shows sleep deprivation causes grumpiness, paranoia and hallucinations. It can also lead to difficulty in concentrating, remembering and poor muscle coordination.

Students are not only damaging their health, but they are also jeopardizing their ability to achieve their potential.

Studies show that sleep deprivation of 24 hours or more leads to significant affects on performance

levels.

Often associated with sleep deprivation is a disorder called insomnia, which occurs in students who get so stressed out that they cannot fall asleep.

Staff in the health services office at Conestoga said last year the office saw 10 to 15 cases of students suffering from insomnia-like symptoms.

However, it can be treated. If insomnia is suspected a student can be referred to a sleep clinic either through health services or their doctor.

Sleep clinics near the college include locations in Kitchener, Cambridge and London.

Students who think they are suffering from insomnia may only be the victims of their own bad habits.

According to a brochure from the American Sleep Disorders Association (ASDA), good sleep hygiene can cure sleepless nights.

They suggest cutting down on stimulants like coffee, tea, colas, cocoa, chocolate and prescription and non-prescription drugs that contain caffeine before going to bed.

Alcohol should also be avoided before bedtime because although it may initially help you fall asleep it may cause headaches and nightmares later in the night. The ASDA recommends avoiding alcohol intake four to six hours

before bedtime.

Exercise can also cause sleeplessness. To avoid disturbing a good night's sleep, students should exercise in the morning hours.

They also suggest a comfortable bed in a dark, quiet room. However, for students living away from home, they may find this environment difficult to create. Rooms in residences are often shared with other people who do not have the same sleeping habits.

Surprisingly, eating a light snack before bed can promote sleep, although heavy meals and foods that cause indigestion should be avoided.

Also, to the relief of many, there is nothing wrong with an afternoon nap. According to a student newspaper, the Orion, the CD Doctor's Encyclopedia says napping is not an indication of laziness. It is initiated by drowsiness that occurs shortly after noon. Scientists say this happens because body temperatures drop slightly. A 30- to 40-minute afternoon nap can be enough to gain sufficient energy for the remainder of the day.

There are a number of things a student can do to avoid sleep deprivation and the need for a nap.

An article about sleep disorders from the Web site about.com cited several strategies.

Gary Kaufman of the Northern

Indiana Centre for Sleep Medicines suggests:

- Setting a regular schedule to go to bed and get up.

- Allowing enough time to sleep, usually about eight hours.

- Sleeping in the same room and bed every night.

- Keeping the bedroom free of noise and disruptions like phones and TV.

- Using the bed only for sleeping.

- Turning your clock so you cannot see it. Watching the clock can keep you awake.

- Not smoking for two or three hours before you go to bed.

- Drinking a glass of milk when you retire.

- Reading or listening to relaxation tapes at bedtime.

- Avoiding bright lights if you wake up in the middle of the night, and;

- Avoiding long daytime naps.

- The Sleep Diagnostic Clinic at Stanford University also offers several suggestions:

- Sleeping only when sleepy. If you cannot sleep, get up and do something boring.

- Developing sleep rituals to let your body know it's time to unwind and relax.

- Taking a hot bath 90 minutes before bedtime.

- Using sunlight in the morning to set or reset your biological clock.

WANTED!

PEER TUTORS

PEER SERVICES IS LOOKING TO HIRE PEER TUTORS FOR THE FOLLOWING PROGRAMS:

Mechanical Engineering Technology/Technician
Electronics Engineering Technology/Technician
Accounting
Management Studies

Qualifications:

Second or third year student

80% or better in courses tutored, 75% or better program average

Excellent communication and interpersonal skills

1-2 HOUR TIME COMMITMENT PER WEEK (ON CAMPUS)

PEER TUTORS ARE PAID \$10.50/HOUR

TO APPLY VISIT STUDENT SERVICES (2B02)



Fire procedures differ

By Sarah McGoldrick

In the last two weeks Conestoga College's Doon campus has had two fire drills. For students who require the use of wheelchairs or scooters, the evacuation procedure is not the same as able-bodied students.

There is currently a system in place called the Emergency Evacuation Procedure, which details the process of getting students out of the building safely.

For students who use wheelchairs or scooters, provisions have been made to make sure they exit safely.

Throughout the campus there are seven safe areas. These students are to go to these areas in order to be sure that they are accounted for.

According to Special Needs Counsellor Roger Mainland, all of the special needs counsellors are involved in part of the procedure.

"They sweep the areas and if someone is missing then they contact the other counsellors to see if the students are at another location," Mainland said.

He added at the beginning of the year students with special needs are taken around the school and shown where they should go in the event of a drill.

"Students know where they should be and it seems to work quite well," he said.

Dominique Godbout, a second-year general business student, requires the use of a scooter.

She said that the school seems ready to handle a drill situation.

"If they can't find students then they try to contact them," Godbout said. "I haven't heard of a problem."

She added the school has done a good job on the whole in accommodating students with wheelchairs and scooters.

Godbout said there have been times when the elevators weren't working and she needed help getting upstairs because there are no other elevators that go to the same part of the school.

"The woodworking centre door was broken a lot last year," she said.

According to Mainland, the college is continuing to make changes to access on the Doon campus.

"If there is something that needs to be done or altered, students are advised to make the physical resources department aware of problems," he said, adding access is always an issue at the school, especially during a fire.

**RECOGNIZE THE
SIGNS OF STROKE
WHEN YOU
SEE THEM.**

✓ VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

✓ TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



Seek immediate medical attention if you have any of these symptoms.

Reading between the lines of textbook prices at Doon

By Julianna Kerr

The Ontario Ministry of Education warns post-secondary students to set aside \$800 to \$1,000 every year for books and supplies. Everyone knows college sets a heavy financial burden on the shoulders of students.

But what if you are one of those students who simply cannot afford to buy all the textbooks you need for school?

In my daily travels around Doon, I hear numerous grumbings about book prices, as well as the lack of used texts available. Here's why I think used books are so hard to come by.

Students are learning trades in college. Not much of what students learn at Conestoga is theoretical — instead, we are learning practical information that may be applied to the trade we are studying.

I propose students are holding on to most of their books even when they no longer need them in class. These texts serve as practical reference in the jobs we'll get when we're finished here.

I looked at the textbook lists in our bookstore and compared the prices for eight courses.

Students enrolled in such courses as early childhood development,

social services, law and security and computer programming spent at least \$400 on books alone in their first semester.

The other courses I looked at did not have significantly lower costs.

This seems excessive to me, especially considering students often also have to shell out money for additional resources like tools and supplies.

I went online to try to find a cheaper way to buy books, but was surprised by what I discovered.

I thought Chapters would have some cheaper options, simply because of its size.

The two books I located were cheaper than if you purchased them at the bookstore, but only one was actually available for purchase. It seems giant bookstores are not going to be the solution.

I went next to our own Learning Resource Centre. I was shocked to find only a few of the titles I searched for were available for loan.

It seems obvious to me that any book required for a class should be on reserve at the LRC for those students who cannot afford to purchase every text.

And what about those books we buy and then never even use?

Books are expensive. There isn't

any way around that. I guess all we can do is hang in there and realize these costs are helping to lead us on to bigger and better things.

Maybe the money we spend on books won't matter when we have that first giant paycheck in our hot little hands.

Here's hoping. Until then, keep reading. It's an investment.

Beating book price blues

Here are a few suggestions I can offer you in the hopes of saving a little of that precious cash you spend on texts:

■ Check out local libraries, including the LRC.

■ Split the cost with classmates if you don't always need the book.

■ Befriend those in upper years of your program (and throw yourself on their mercy — maybe they'll rent you a book or two).

■ Try used bookstores — a lot of schools use the same texts.

■ Buy the books you absolutely must have and borrow the ones you need once in awhile.

■ If you don't think you'll use them again, you can always try to sell them to a used store once you're through with them.

HOROSCOPE

By Dan Roth

Week of October 8-15

Happy Birthday Libra!

With all of the pressures of school weighing you down you may find yourself feeling under the weather on your special day. I encourage you to let your friends show you a good time. Their advice may bring you more joy than any material gift.

Aries: March 21 - April 19

Lady Luck is shining on you, but only for a short time. You may find that things you want fall into your lap this week, enjoy the good fortune while it lasts.

Luckiest day: Oct. 8.

Taurus: April 20 - May 20

Beware of someone with a black heart. They will cause great turmoil in your life if you take them seriously. They are only out to hurt you.

Luckiest day: Oct. 13.

Gemini: May 21 - June 21

Expect an unexpected twist of fate. New friends, ideas and situations are going to be thrown onto your lap. All will bring great happiness.

Luckiest day: Oct. 12.

Cancer: June 22 - July 22

Family might be poking about in your business more than normal. Be nice to them as they may be planning to bring you good financial news.

Luckiest day: Oct. 14.

Leo: July 23 - August 22

You may feel that a new energy is helping you through the week. New friends will help you look at life in a different way.

Luckiest day: Oct. 10.

Virgo: August 23 - September 22

Your ability to bring peace, harmony and joy will be put to the test this week. You group of

friends will be seeking your advice on a daily basis.

Luckiest day: Oct. 13.

Libra: September 23 - October 22

Luck and love are headed in your direction this week. But avoid over-celebrating, it may cause frustration and grief.

Luckiest day: Oct. 11.

Scorpio: October 23 - November 21

You will be reaping the rewards of hard work. Wherever you put a little extra effort into something you do it will pay off in the long run.

Luckiest day: Oct. 14.

Sagittarius: November 22 - December 21

If you find yourself feeling depressed, it's only temporary. The use of stimulants to make yourself feel better will only make things worse.

Luckiest day: Oct. 12.

Capricorn: December 22 - January 19

Your hard work has now paid off. You have reached a point in your life where your troubles can be forgotten, and you can look towards achieving your goals.

Luckiest day: Oct. 11.

Aquarius: January 20 - February 18

This is going to be a very good week for you. Everything seems to be going your way. Use your creativity in your work and it will pay off in your favour.

Luckiest day: Oct. 10.

Pisces: February 19 - March 20

Don't let your imagination turn a small problem into a huge one. Things are not as bad as they appear. Look at the positive side of life.

Luckiest day: Oct. 13.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

Home decorating for under \$100

By Denis Langlois

Is your apartment looking drab? Do you not have enough money to redecorate your apartment? Don't worry, I have found a way to decorate an apartment for under \$100.

When attempting a task such as this, garage sales and second-hand clothing stores become your best friend.

I recommend asking the manager if there are any items that have come into the store lately that are in bad shape and cannot be placed up front.

This is a good place to start because you can always cover blemishes and fix broken or torn pieces of furniture.

The living room is a good place to start redecorating because it is the room people see the most.

If you have an ugly old couch, all you have to do is cover it with a stylish piece of material and it looks like new. End tables and coffee tables can have a matching tablecloth so it looks like they belong together.

If you have to paint the apartment, ask the paint store for their pre-mixed paint. This is a good

idea because the cost is usually half the price.

While shopping for items to spruce up my apartment, I got some really good deals from used stores.

First, I got a really funky clock that is so old it's new again for 50 cents and a retro coffee table for \$5. I placed a blanket over my couch and bought lampshades for \$3. I also framed some photographs and voila a new-looking living room for only \$8.50.

I then moved on to the bedrooms. Decorating these rooms is the best because you just have to use your personal style and the room will look great.

To spoof up a child's room, get some premixed paint and a paint kit and away you go.

The good thing about a child's room is that no matter what colour the paint, you can always make it look good.

Instead of buying art or pictures for the walls, I just used pictures from calendars and framed them. It looks good and kids won't know the difference.

Also, you can paint light-switch covers with cool colours to give the

room a creative touch.

With a little paint, you can redecorate a bedroom for under \$15.

The bathroom and the kitchen are the easiest rooms of the apartment to decorate because there is no furniture to hide. Paint will make a huge difference in these rooms too. Just paint the walls, hang some pictures and buy some magnets and your kitchen and bathroom look like new.

To add some personal style to your apartment, there are many ideas you can incorporate into your decorating.

If you have any pillows, you can cover them with your favourite fabric so they reflect your personality.

Curtains are another easy way to spruce up your home. Sheets or fabric will create curtains you can't find anywhere else.

Also if you are feeling homesick, you can gather all the pictures you have of your family and make a collage. Then you can get a frame and make it the highlight of your room.

Even if you are happy to be out of your parent's house, putting up their pictures is a great idea—especially if they are paying the bills.

Spoke can now be read online!



www.conestogac.on.ca/spoke

Crabby's Nacho Grand

By Kathleen Deschamps

People can search their whole life for the perfect nacho and never find it. They crave the sweet taste of salsa. They long for the warm inviting aroma of cheeses. They hunt for the succulent taste of chicken on top of the huge pile of tortilla chips. Above all else, people want a good price. Well look no further, the perfect nacho has been found. Crabby Joe's offers a little bit of everything on their nacho platter.

Crabby Joe's is a popular chain restaurant that caters mainly to family and the dating crowd. They serve a vast selection of meals at a decent price. At the restaurant you can find chicken fajitas, burgers, and a number of pasta dishes. Crabby Joe's also has a popular lunch menu. They have a promise; if it takes longer than 14 minutes it is free!

The main reason Crabby Joe's is so popular with the college crowd is their appetizers. Crabby serves these selections at half the regular price after 9 p.m. Nachos are exquisite here. They are regularly \$8.99, but are only \$4.50 after 9 p.m. Spicy Buffalo chicken can also be scattered on top of the platter for an additional cost of \$2.99. Other popular appetizers are Mediterranean dip, garlic and bruschetta bread and soup of the day. The only downside to the after nine rule is that you must be seated in the bar area. The drinks are also a reasonable price at Crabby Joe's. If a particular drink isn't on the menu, odds are one of the Crabby bartenders will make it for you.

The most popular night at Crabby Joe's is definitely Tuesday night. After 8 p.m. chicken wings are only 29 cents each.

Keep an eye on the Watchmen

By Sarah McGoldrick

Canadian artists The Watchmen have released a cleverly packaged CD set available in stores now.

The two CD set called Slomotion features the CD's Fast Forward and Rewind containing new songs and previously released songs in both original and remix formats.

The CD also contains an enhanced feature, which allows listeners to see the artists and remix their own cuts of songs.

The first album Fast Forward is by far the better of the two, containing a unique Brit Rock inspired collection of songs.

Lead singer Daniel Greaves provides the perfect lyrical parallel to guitarist Joey Serlin's heavy guitar sound and bassist Ken "ObScene" Tizzard on the first track Holiday (Slow It Down).

However, this along with many other songs on the album seem to lose their edge in the heavily electronically enhanced audio mixes.

Fast Forward becomes less of a rock album and more Madonna's Frozen album as the CD goes on especially in the title track Slomotion and the final track Stereo (remix).

The second CD, Rewind, contains the harder rock sound usually associated with the group.

None of the tracks stand out, all sounding similar and relying on Greaves to provide the distinction of voice between them.

The guitar sound is much heavier and less engineering has been done to the tracks, which provides a more authentic rock sound.

The progressive album it claims to be is not heard at all on the second album.

The enhanced portion of the CD does offer a timeline, which is useful to people listening to The Watchmen for the first time.

There is also a music mixer where listeners can mix the sounds of guitar, bass, drum and vocals to make their own cut of Slomotion.



The Watchmen's new CD set, Slomotion, is a 2-CD collection of new and previously unreleased songs with additional CD-ROM capabilities.

(Submitted photo)

Cowboys need not apply

By Janine Toms

This is the fourth in a five-part series taking a look at musical talent in K-W.

The first thing most people think of when blues is mentioned, is of a cowboy melodically singing about his lost dog.

But Matt Osborne is no cowboy.

This blues guitar player began performing in 1991 and has made it his full-time career since 1998.

His first love was the blues.

"The first music I ever listened to was the blues," he said.

With a solid blues foundation, his music can be described as a healthy melting pot of folk, rock and soul.

Osborne hosts Jam-O-Rama every Tuesday night at the Circus Room, where listeners can expect a diverse genre of music. "I try and vary the pace and style from song to song, just to keep people around a little bit longer to see what I'm going to do next."

He has spent a lot of time with blues music that concentrates on improvisation.

Jam-O-Rama allows new players to network with other musicians with everyone creating at the same time.

There is a lot that goes into an evening for it to run smoothly and Osborne finds that most people "don't know what it's like to co-ordinate a whole band."

Audience participation is encouraged. People can get up on the stage and sing or play harmonica, bass or drums.

On a Tuesday night Osborne is never quite sure what's going to happen when people play together that never have before.

In 1991 Osborne attended Wilfrid Laurier University and became a member of the musi-



Matt Osborne performs every Tuesday night at the Circus Room, 279 King St., Kitchener.

(Photo by Janine Toms)

cians network at the school. This was his first time being a host of a music night. There he learned it was not as much about the music as it was the personalities in attendance.

In 1992 Osborne opened for the band Moxy Fruvous at the Turret, on Laurier's campus.

Another highlight in Osborne's career was performing at this summer's Hillside Festival in Guelph.

"Everyone there treated me wonderfully and it was very satisfying as I've been trying to get into that festival for a few years now."

On Sept. 22 and 23 Osborne was featured on Good Morning Canada.

He played between segments of the show and will be performing in the future.

The program is shown on CTV every Saturday and the repeat program plays on Sunday mornings from 6 to 8 a.m.

For the specific times of

Osborne's next TV performance you can e-mail goodmorningcanada@ctv.ca or check your local listings.

Osborne has three full-length CDs. His current album, Man Versus Concrete, has 11 songs and was released at Loose Change Louie's in August.

"Well ... it seems that I have a bit of good momentum right now with the new album and media exposure," said Osborne.

There's been talk of a music video, and plans to perform at more festivals next summer.

Osborne has a Web site at www.musicface.com. There, you can become a registered member of MattNotes, a free monthly instalment of Osborne's performance dates written by Osborne and sent to your e-mail address.

Those of a musical incline can participate in jams with Osborne every Tuesday evening at the Circus Room, 279 King St. in Kitchener.

Big Wreck thrills big crowd with big sound

Band plays great show at Lyric nightclub on Sept. 29

By Julie Graham

When you leave a concert hot, tired and half deaf, it's probably been a good show.

That's how I was feeling after seeing Big Wreck perform with guests Copyright and Joydrop on Sept. 29 at the Lyric Night Club in Kitchener.

The four-piece band from Boston, who released their second CD entitled The Pleasure And The Greed in June, played an 11-song set and two encores to a crowd of more than 2,000 people.

Before the show I asked Lee McLeod, a second-year business student at the college, who he had come to see at the concert. He said he was there to see Big Wreck and that they rocked when he saw them earlier in the year at Edgefest in Barrie.

With an endless array of guitars to play, lead singer Ian Thornley hit both his guitar and voice notes with such little effort, I would love to see what happened if he actually pushed himself to play faster or sing louder.

Without saying much to the crowd,

Big Wreck started most of their songs off lightly and in a flash, would push out heavy drums, chords and bass, to turn a song into what I would call good old rock 'n' roll.

The band has a signature sound and has a huge following of fans in Canada. However, aside from Boston and a few other small cities, the band hasn't received much radio play in the United States.

Opening up for Big Wreck was Copyright, a five-piece band from Vancouver who looked like they were picked up off the street before the show. Dressed in awful-looking clothes and sporting '80s hair, the band didn't do much for the crowd. In fact, the crowd only realized who the band was during their last song, and only hit, Rock Machine.

Also performing was Joydrop, another Canadian-based band who enticed a much better reaction from the crowd. Lead singer Tara Slone's delicate vocals mixed perfectly with her band's heavy music. Joydrop's single Sometimes Wanna Die, off their latest CD Vibrate, is now in heavy rotation on the radio.

It was obvious though that Big Wreck was who the crowd had paid to see. The band played all their hits, including The Oaf, That Song, Blown Wide Open, and Ladylike.

However, crowd participation, which was mostly clapping and singing at the all-ages event, did get out of hands at times. It seemed some fans thought it would be OK to try to crowd surf and mosh. These kids must not get out much because their attempts were not welcomed by much of the older people in the crowd. All I could do was shake my head and try to concentrate on the awesome music I was hearing.

After the concert, McLeod said he enjoyed the show. "Good melody, hard guitar ... it was good," he said.

Although Copyright was a cringing disappointment, paying \$15 to see two bands play with Big Wreck was an awesome deal.

You can check out Big Wreck's Web site at: www.bigwreck.com. Future concerts at the Lyric include Finger Eleven, David Usher, The Cult and D12.



Boston's Big Wreck thrilled the crowd at the Lyric on Sept. 29. Unfortunately the cover band, Vancouver's Copyright was less than entertaining.

(Submitted photo)

NHL teams eager to sip from Stanley's cup

By Marc Hulet

The NHL season is here. Teams have sharpened their skills in the pre-season and they have entered the regular season with their eyes firmly set on the Stanley Cup.

However, there are only a handful of teams with the talent and drive needed to make it to that lofty goal.

The Ottawa Senators are the run-away favourites to win this division. They have a strong sense of teamwork although the trade of Alexei Yashin will hurt their offence. Yashin lead the team in goals, assists and points.

If they are to dominate the division they must get strong performances by Marian Hossa, Radek Bonk and Daniel Alfredsson.

Jason Spezza, the Senators number 1 pick in the draft, could help fill the void left by Yashin — if he makes the team.

Goaltender Patrick Lalime is very solid in net. He should finally be ready to silence doubters and put forth a strong playoff performance.

The Buffalo Sabres are another team that knows strong teamwork can be rewarding.

The Sabres have lacked a strong offence for a while now but they continue to do well.

One of the reasons for their success was Dominik Hasek. Hasek was traded to the Detroit Red Wings in the off-season. Martin Biron will take over for him this year in net but he is very young and played in only 18 games last year.

The Sabres also traded disgruntled centre Mike Peca to the New York Islanders. He was arguably the heart and soul of the team although he missed the entire 2000-01 season with a contract dispute.

If the Sabres hope to win the Cup this year, they must receive career-best seasons from virtually all of their players.



The Philadelphia Flyers are an aging but hulking team. They have bullied their way into the playoffs the past few years.

Last year the Flyers were beset by injuries to key players. Eric Lindros missed the entire season with concussion problems, John LeClair played in only 16 games because of back problems and Mark Recchi missed 13 games, although he had an excellent year with 77 points.

The Flyers are strong on defence with Eric Desjardins, Dan McGillis and newcomer Eric Weinrich.

They are inexperienced in net but Roman Cechmanek, Brian Boucher and Maxime Ouellet have tremendous upside.

The trade of Lindros to the New York Rangers will help clear the air in Philadelphia and allow them to concentrate on winning.

The New Jersey Devils are one of the strongest teams in the NHL. They have long-been-known as a superb defensive team but they broke out offensively last year as well.

Huge years by Patrik Elias, Petr Sykora and Sergei Brylin helped. Scott Gomez continued to amaze, and rack up assists after winning the Calder Trophy two years ago.

Martin Brodeur is one of the top goalies in the league. His solid play, alone, can almost guarantee the Devils a playoff spot.

However, the Devils defence may slip a little this year. Their blueliners are aging and only Brian Rafalski and Scott Niedermayer are in the primes of their career. Scott Stevens, 37, is nearing the end of a

great career but he is still in great shape. Stevens must continue to lead by example if the Devils hope to regain the Cup.

The Washington Capitals make the list of possible Cup-winning teams for the simple fact that they traded for Jaromir Jagr.

If the Capitals hope to win the Cup, Jagr and Peter Bondra must learn to play together. Bondra has long been the star in Washington and it remains to be seen how well he plays second fiddle to Jagr.

Adam Oates could benefit in the assists category if he plays on Jagr's line. He is 39-years-old, though.

Sergei Gonchar should continue to offer a great offensive touch from the blue line. Calle Johansson and Brendan Witt will help with their defensive abilities. Goaltender Olaf Kolzig has firmly established himself as one of the game's elite netminders. He continues to play almost every game for the Capitals and some extra rest may help to keep him sharp for the playoffs.

The St. Louis Blues are probably the best all-around team in the NHL. They have scoring ability, solid defencemen and veteran role players.

The addition of Doug Weight from the Edmonton Oilers in the off-season and Keith Tkachuk late last season from the Phoenix Coyotes will help immensely. Weight's ability to pass the puck should help Tkachuk reach the 50-goal plateau again, if they can both stay healthy.

Chris Pronger and Al MacInnis are two of the greatest offensive threats in the NHL from the blue line.

The only weakness in the Blue's armor appears to be between the

pipes. They traded solid goaltender Roman Turek, who won 42 games two years ago, because they weren't convinced he could win in the playoffs. Brent Johnson, who had a solid rookie year, and former Calgary Flames netminder Fred Brathwaite should split the time in goal this year. Unfortunately, both are inexperienced in the playoffs and it remains to be seen how effective they will be in the post-season spotlight.



The Detroit Red Wings have been a successful team for many years now. But Father Time is slowly pecking away at them. The star players are all in their 30s and none of their up-and-comers have panned out for them in the past few years.

Their major acquisition of goaltender Hasek is 36-years-old and he replaces 28-year-old Chris Osgood. Hasek, even at this point in his career, is better than Osgood but age will soon play a factor in his success.

Brett Hull, another off-season acquisition, is a proven goal scorer but he is 37.

Forwards Brendan Shanahan and Sergei Fedorov should still have a number of good years left.

Nicklas Lidstrom is a great offensive defenceman but he is always talking of quitting the NHL to play in Sweden.

If the old-timers can hold up for the 82-game schedule the Red Wings should remain near the top of the Western conference.



The defending Stanley Cup champion Colorado Avalanche received a huge blow recently with the announcement that Peter Forsberg was retiring. Forsberg suffered a ruptured spleen in last year's

playoffs and he doesn't feel that he can compete at the NHL level anymore. Forsberg was one of the NHL's best players and the Avalanche will miss him.

Luckily they have developed a staggering number of skilled players in the last few years to play along side captain Joe Sakic.

Alex Tanguay, Milan Hejduk, Chris Drury and Martin Skoula have all been drafted by the organization and flourished in the league.

Patrick Roy is one of the best goaltenders of all-time and he resigned with Colorado in the off-season. He is getting up in age now, at 35, and he has had moments in the last couple years when he's looked very average. This may be the year were Roy relinquishes the bulk of the workload. Whether 23-year-old David Aebischer is ready to contribute more readily remains to be seen.



The Dallas Stars have been successful since moving from Minnesota.

Pierre Turgeon and Donald Audette join Mike Modano as the Stars' best offensive hope. Turgeon and Audette had excellent years last year but they may not be able to reach those lofty standards again.

Jere Lehtinen is a very solid defensive forward with some untapped offensive ability. But he needs to stay healthy.

Sergei Zubov and Darryl Sydor are solid defencemen.

Eddie Belfour is a proven playoff goaltender but his antics away from the game are always a concern. If he can stay out of jail he should be able to contribute for another couple seasons.

There are many possible Stanley Cup champions because of how many things can change over a long season.

When is enough really enough in pro sports?

By Jody Andruszkiewicz

Is the third time really a charm?

That's a pretty good question that I don't know the answer to. Obviously Michael Jordan does. Coming soon to a basketball court near you, is professional basketball's most cherished athlete since the game was invented.

No other professional basketball player has ever had the adulation Michael Jordan had during his first two stints as a pro athlete. Not even legends like Magic Johnson, Larry Bird, Kareem Abdul-Jabar, Bill Russell or Wilt Chamberlain garnered such cheers.

But is playing for the team he owns a share of such a wise move?

It worked for Mario Lemieux. His Pittsburgh Penguins were doing poorly on the ice and in the stands until his return inspired a mini-renaissance of hockey in Pittsburgh.

Will this now work for Jordan's Washington Wizards?

I sure don't know. Conventional wisdom says Jordan's return to professional basketball will energize a faltering Washington

Wizards franchise. Obviously they're going to win more games. Even at 38, Jordan can't make them any worse.

How better is he going to make them is the real question.

Professional athletes are having longer careers. Before training practices improved and athletes started conditioning themselves on a year-round basis, most jocks called it a career in their mid-30s.

Not Jordan. He's making a comeback at an age where most athletes are letting tendinitis and torn muscles end their careers. He might be a step slower than he used to be. But a step slower for Michael Jordan is still about two steps quicker than some of the top stars in the NBA.

And Jordan's not doing it for the money. Well, at least not for direct personal gains. Jordan is donating his entire salary for this year to the victims of the Sept. 11 tragedies in New York and Washington.

But even though he's generously donating this year's salary of one million dollars, there's all the licensing and royalty fees as well as income generated through ticket

sales that Jordan will see a percentage of.

And with the Washington Wizards, and to a greater extent the NBA, in dire need of a huge boost, Jordan's return could be seen as the second coming, again.

The real issue isn't whether Jordan's return will help his struggling franchise, but whether Jordan should have come back at all.

I'm of the opinion that Jordan should have stayed away. I don't have any qualms with him coming down to the Wizards practice court and teaching the younger players the finer aspects of being a professional basketball player. And I don't have any problem with Jordan being on the sidelines as a coach.

But how many times can someone retire and then come out of retirement before the idea gets stale?

I am rather disappointed that Jordan is playing again. I'm not much of a fan of the NBA, but I'm even more turned off now. I'm a firm believer in recycling, but recycling former star players is ridiculous.

Jordan should have stayed retired, plain and simple. Now you don't know what to believe when he talks.

It may sound like I'm being melodramatic, but at the same time, I'm tired of self-indulgent athletes doing as they please

because they can.

Jordan once retired to fulfill a dream of playing professional baseball. Hopefully he learned something about taking his three swings at immortality before finally sitting on the bench once and for all and calling it a career.



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Condors cream Royals 6-0 at home

By Vanessa Laye

The Conestoga men's soccer team crushed the Redeemer Royals 6-0 at home, Sept. 27.

The Condors dominated the play from the start, scoring the first goal 30 seconds into play. Jamic Scott received the ball at the halfway line from his defence and took it up the wing. He crossed the ball in front of Redeemers' net, where Conestoga's top scorer Bojan Djokovic was waiting to tap it in.

"With all the vets together for once, we actually looked comfortable."

Geoff Johnstone, coach

This was the first game the Condors had all their players. "With all the vets together for once," said Geoff Johnstone, coach of the Condors, "we actually looked comfortable."

The Condors went on to score three more goals in the first half, leading the game 4-0. Djokovic scored the second goal of the game, and Scott pumped in the other two.

In the second half, Djokovic got his third goal of the game for a hat

trick (three goals in a game). But Conestoga's best and last goal of the game went to Abdiaziz Ahmed who flicked the ball off his right foot and over the goalie's head, after a mean cross by Matt McHugh.

Johnstone said it was simple soccer played well. "We looked organized and stayed in position," he added.

Dave Mantel, coach of the Redeemer Royals, said he was disappointed with the game. "We started the game flat and seemed off," he said, adding, "The team played below their regular level of play."

The Condors now have a win to add to their zero and five record (wins and losses) this season. "I have never been all in five (lost five continuous games) before in my entire coaching career," said Johnstone who believes a team should roll up their sleeves and keep working, no matter what the score is.

The Condors felt a need to redeem themselves after a bitter 8-1 defeat at the hands of Humber College, Sept. 25.

Conestoga started that game with a four-way passing movement that lead to Djokovic scoring the first goal of the game, but Humber made a comeback, leading 2-1 after



Condors' Allan Ma takes the ball up the field during their game against Redeemer College on Sept. 27. The Condors won 6-0.

(Photo by Vanessa Laye)

the first half.

With only 13 of the 21 players at the game, and no goalies due to injury and tests, Conestoga had to pull halfback Allan Ma into net.

With a 2-1 score at halftime it

was anyone's game, but Johnstone said silly plays were made. "A couple of people quit working and others stood in the middle of the field," he said, adding, "The 11 rookies don't realize that varsity

sports are a fairly big step up."

Humber scored six goals in the second half, to win 8-1.

Conestoga's next home game is against George Brown on Oct. 9 at 4:30 p.m.

Ultimate Questions

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Rainy weather makes for tough golf tournament

By Vanessa Laye

Conestoga's golf team placed eighth or ninth at the Hawkrigde golf tournament in Orillia, Sept. 25.

Mike Banton, one of the team's coaches, said the final results will be available at the next meet.

It was another miserable tournament with each team having to play in the rain and in 6 C conditions.

"The weather and your surrounding environment definitely affect you," said Conestoga's head coach Tony Martin, adding, "If you lose it out there, especially in those conditions it's tough to actually play."

The Conestoga men's team finished with a score of 342.

Banton said he was disappointed with the outcome because he expected the team to do better.

"I thought that after they got the first tournament out of the way, they would finish higher," he said.

Conestoga's Tyler Smith had the best game, scoring 7 over par on the 72-par course.

Smith could have had a better score, but unfortunately picked up a two-stroke penalty on the 15th hole when he hit his ball out of the wooded area, which then ricocheted off a tree and hit his golf bag.

Banton said Smith placed fifth in

the men's individuals. Smith has participated in a lot of long driving competitions across Ontario and consistently hits over 300 yards off the tee.

"The weather and the surrounding environment definitely affect you."

Tony Martin, head coach

Humber College won the overall men's team event, as well as first and second place in the men's individual event.

At the Lakeridge tournament,

Sept. 20, the Conestoga's men's team came in sixth out of the 14 teams, with Jeff Hreljac tying for third place in the men's individuals.

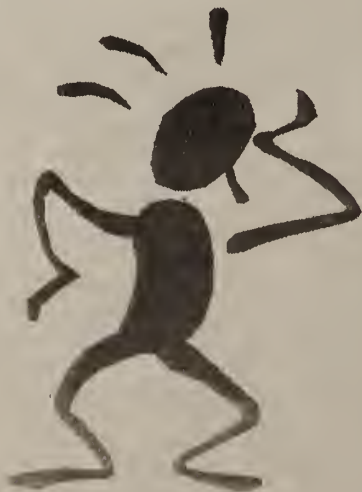
Humber's men's team came in first place with a score of 312, Georgian came in second with 315 and Durham in third with 316.

Both the men's and women's individual event went to Georgian College players; Scott Lajeunesse with a score of 75, and Katie Ferguson with an 86.

Conestoga heads off to the Ontario College's Athletic Association Championships (provincials) at Canadore College in North Bay, Oct. 2-4.

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Ruffled rookie



Natasha Zettler, a first-year student, participated in Rookie Day for the women's soccer team on Sept. 28. Rookie Day is initiation day for sports teams.

(Photo by Denis Langlois)